

# The Leaflet

Fall 2025

City News, Events, and Recreation Guide



Lake Forest  
Adds Deputy

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## A MESSAGE FROM CITY MANAGER **DEBRA ROSE**

Remember when we were kids and we were excited because summer meant no school? Well, summer in Lake Forest means fun and excitement for all ages! Our special events are a great way to enjoy the beautiful parks and facilities in the City and share time with family and friends.

July 26 brings the band Family Style, playing classics from the 70s to today, to the Sports Park, which is home to many of our summer events. A couple weeks later, the City, Orange County Sheriff's Department, and Orange County Fire Authority bring "National Night Out" back to the Sports Park.

National Night Out started in 1984 as a way to bring law enforcement officers and the communities they serve together. The first annual National Night Out involved 2.5 million neighbors across 400 communities in 23 states. We are fortunate to have great partners in public safety and they always bring out their best tools and equipment to share with us on the first Tuesday each August. A highlight is watching one of the Sheriff's helicopters land in the park, then seeing it up close!

The last concert of the summer is August 23, and our staff always make sure it is special. This year, the concert includes a car show and two bands: Diego's Garage – appropriate for the car show – plays 90s rock, followed by the 80s tribute band Flashback Heart Attack.

There will be food trucks at all of the concerts, as well as a beer and wine booth organized by the Chamber of Commerce.

The City also partners with the Chamber for the Taste of Lake Forest, which returns this year to Heritage Hill Historical Park. This event still features great tastes from our local restaurants but has evolved into a fun evening out with live music in a truly special setting. The Taste is set for 4:00 p.m. to 7:30 p.m. on Friday August 15, 2025. It sold out last year, so watch our website, [www.lakeforestca.gov](http://www.lakeforestca.gov), for information on that event and all of the other concerts and movies that make Lake Forest a great place to celebrate summer.

As always, it is our honor to serve the residents of Lake Forest.



## MEETINGS AT A GLANCE

### CITY COUNCIL

The City Council meets the first and third Tuesday of each month.

### COMMUNITY SERVICES COMMISSION\*

The Community Services Commission meets on the Wednesday after the first Tuesday.

### PLANNING COMMISSION\*

The Planning Commission meets on the Thursday after the first Tuesday.

### TRAFFIC AND PARKING COMMISSION\*

The Traffic and Parking Commission meets on the Monday before the first Tuesday of each month.

All meetings will start at 6:30 p.m.

\*Subject to change; visit all agendas at:

[www.lakeforestca.gov/agendas](http://www.lakeforestca.gov/agendas)

*The Leaflet* is an official publication of the City of Lake Forest and is distributed as a public service to Lake Forest homes and businesses. The City welcomes your comments and questions regarding *The Leaflet*. Contact the staff at [PIO@lakeforestca.gov](mailto:PIO@lakeforestca.gov).



## COUNCIL APPROVES 2025-2027 OPERATING BUDGET THAT MAINTAINS ALL CITY SERVICES

The City of Lake Forest adopted a balanced two-year operating budget in June for Fiscal Years 2025-26 and 2026-27, continuing its commitment to fiscal responsibility and high-quality municipal services.

Lake Forest remains one of the largest debt-free cities in California.

The total projected revenue is \$85.2 million for FY 2025-26 and \$85 million for FY 2026-27. Total operating expenditures are budgeted at \$94.3 million for FY 2025-26 and \$86.3 million for FY 2026-27. The City reduced the FY 2025-26 operating budget by \$1.7 million from the previous year, with cuts to contractual services and materials costs.

Although expenditures appear to outpace revenues, the budgets are balanced because expenditures include funds accumulated for infrastructure projects. The City anticipates increases in property and sales tax revenues and projects the 2025-26 operating budget will generate a surplus of \$4.8 million, while the 2026-27 budget will generate a surplus of \$4.4 million.

Public safety is a top priority. The contract with the Orange County Sheriff's Department and other public-safety efforts account for 37 percent of General Fund expenditures in FY 2025-26. The City's contract with OCSD is projected to increase by \$1.4 million in each of the two years and includes the addition of a patrol deputy.

The City's Risk Analysis calls for a target General Fund reserve level of \$80 million and a minimum reserve of \$76 million. That's in addition to operating surpluses of \$26.5 million projected over the next five years.

The budget supports Lake Forest's ongoing transition into a maintenance-focused municipality as large residential developments are completed, ensuring that existing infrastructure and services are sustained while maintaining a strong financial foundation.

Go to [www.lakeforestca.gov/budget](http://www.lakeforestca.gov/budget) to see the entire budget.

## INVESTING IN OUR FUTURE: 2025-2027 CAPITAL IMPROVEMENT PROJECTS BUDGET

The City's 2025-2027 Capital Improvement Plan (CIP) outlines a \$38.4 million investment across 45 infrastructure projects designed to improve safety, enhance traffic flow, and maintain public amenities over the next two fiscal years.

The CIP budget is separate from the \$94.3 million General Fund budget, which is more like the City's checkbook for day-to-day expenses. The CIP budget includes projects focused on improving parks, streets, and traffic systems.

Park improvements are a significant portion of the CIP, with trail connections, renovations to Cavanaugh Park and Peachwood Park, and updates at the Lake Forest Sports Park. Slope landscaping at Heroes Park and upgrades at the Normandale Open Space Area are also planned.

Traffic-related projects include new audible pedestrian signals funded through federal Community

Development Block Grants, synchronization of traffic signals on major corridors such as Bake Parkway and Rockfield, and the addition of second left-turn lanes at the intersection of Los Alisos and Muirlands. Major intersection improvements at Jeronimo and El Toro Road are also planned to ease congestion.

Street maintenance projects are also a core focus. Residential slurry seal programs, ADA ramp installations, and crosswalk enhancements in Southwest Lake Forest are scheduled to maintain and improve pedestrian and vehicular safety. Planned median improvements at Rockfield and El Toro are expected to enhance safety and community appearance.

The 2025-2027 CIP reflects Lake Forest's proactive approach to preserving and enhancing city infrastructure. With careful

planning and prioritization, the City aims to address current community needs while preparing for future growth, ensuring residents can continue to enjoy safe, accessible, and attractive parks and public spaces.

Go to [www.lakeforestca.gov/budget](http://www.lakeforestca.gov/budget) to see the entire CIP budget.





## LAKE FOREST ADDS NEW DEPUTY TO STRENGTHEN PUBLIC SAFETY

The City of Lake Forest is bolstering its public safety team by adding a new patrol deputy to its ranks for the 2025-26 fiscal year, according to an agreement with the Orange County Sheriff's Department (OCSd) approved by the City Council in May.

The \$22,738,891 agreement represents a 6.45 percent increase -- about \$1.37 million -- over last year's law enforcement budget. Much of the increase is driven by labor costs and the hiring of one new deputy, which is key to maintaining Lake Forest's low crime rate and effective emergency response.

The new deputy's position is the first in a phased approach to keeping pace with the City's growth and maintaining strong police visibility.

The addition brings the City's total sworn OCSd patrol deputies from 46 to 47. The change follows months of evaluation by the Public Safety Ad-Hoc Committee, which analyzed trends in population, crime, response times, and budget capacity.

Since becoming a city in 1991, Lake Forest has contracted with OCSd for law enforcement, a model used throughout South County that provides cost efficiency and access to specialized regional policing units such as air support, SWAT, and highly trained traffic accident investigators.

The need for more staff became necessary as Lake Forest grew by almost 13 percent from 2010 to 2024. Over that period, response times for life-threatening "Priority 1" calls increased from 4 minutes and 13 seconds to 5 minutes and 11 seconds. Meanwhile, the time deputies spend on preventative patrol also decreased, as more time is consumed responding to calls and performing administrative duties.

Adding a deputy creates capacity for officers to engage with the community, deter crime, and respond more quickly when emergencies occur. The City also converted a deputy's position from "Commercial Enforcement Officer" to patrol, although two deputies remain specially trained to handle commercial enforcement duties when necessary.

Public feedback also supports the move. In the City's most recent Community Satisfaction Survey, more than 90 percent of residents cited maintaining a low crime rate as a top priority. More than 80 percent said they were satisfied with the City's police services.

The City remains one of the safest in Orange County, averaging around 950 Part 1 crimes annually -- a number that has remained relatively stable despite regional increases and changes in crime-reporting standards.

The City Council is also considering the addition of a second new deputy in the 2026-27 fiscal year, pending future budget approval.

Lake Forest's financial management, including its status as one of the largest debt-free cities in the state, allows it to absorb the cost of the new deputy, estimated at about \$450,000 in the first year and \$350,000 in future years. The costs include the equipment the deputy will use, such as a patrol unit and body-worn camera.



Deputy J. Ramos



## CITY RECOGNIZES DEPUTY HARM'S EXCELLENCE IN PUBLIC SAFETY

Deputy Mathew Harm was named the 2024 Deputy of the Year and honored with the Meritorious Service Award by the Mission Viejo–Saddleback Valley Elks Lodge for his exceptional work in the field. As a dedicated member of Lake Forest's Special Enforcement Team, Deputy Harm is known for his diligence, proactive approach, and expertise in identifying stolen vehicles.

In addition, Deputy Harm was recognized as the 2024 Vehicle Theft Officer of the Year by the Orange County Auto Theft Advisory Committee. The award highlights his outstanding efforts to protect the community through vehicle recovery and suspect apprehension.

The City of Lake Forest is proud to recognize Deputy Harm's continued dedication to public safety and service. His exemplary performance reflects the highest standards of professionalism and commitment, and serves as an example of excellence in law enforcement.



## DEPUTY MELENDREZ RECOGNIZED FOR BRAVERY, SWIFT ACTION IN EMERGENCY RESCUE

Deputy Anthony Melendrez was honored with the Medal for Lifesaving at the 36th Annual Medal of Valor Luncheon, hosted by the Sheriff's Advisory Council. On May 26, 2024, Deputy Melendrez responded to a critical emergency at a Lake Forest residence, performing CPR for more than two minutes until paramedics arrived. Thanks to his quick response and life-saving actions, the individual was transported to the hospital and went on to make a full recovery.

Honored for his bravery and presence of mind during a moment of crisis, Deputy Melendrez demonstrated the composure, skill, and commitment that reflect the highest ideals of public service. His actions exemplify the integrity and dedication of the deputies who serve the Lake Forest community.





# LAKE FOREST CAPITAL

## Zone D Gets a Smoother Ride

Residents in Zone D may have already noticed a smoother commute through their neighborhoods! The City completed repairs on approximately 600,000 square feet of asphalt across residential streets bordered by Trabuco Road, Portola Parkway, Lake Forest Drive, and the Irvine city line. This work is part of our ongoing efforts to maintain safe and beautiful streets in every corner of Lake Forest.



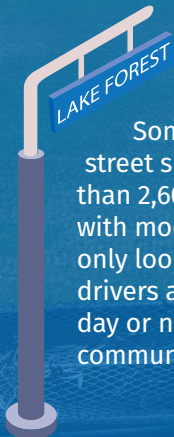
## Cañada Road Resurfaced for a Safer Drive

Cañada Road has a fresh new look! Crews successfully completed resurfacing from Lake Forest Drive to Dimension Drive in early May. Due to the street's narrow width, temporary one-way traffic was implemented with help from professional traffic control staff. Residents and businesses were notified in advance, and services like trash pickup continued without interruption. The result? A safer, smoother road for all.



## Street Signs Shine Brighter

Something new is on the streets—our upgraded street signs! As part of a citywide upgrade, more than 2,600 street name signs have been replaced with modern, high-visibility versions. These signs not only look great but also improve safety by helping drivers and emergency crews navigate more easily, day or night. It's a small change with a big impact on community connectivity.



## New Turf for Lake Forest Sports Park

The synthetic turf fields at the Lake Forest Sports Park have been replaced after years of dedicated service. The updated turf will offer a better play experience for athletes and extend the life of one of our most used recreation areas. The work is expected to wrap up in just a few weeks, ensuring the fields are game-ready for summer activities and beyond.



## Baker Ranch Park Gets a Turf Upgrade

Construction has been completed at Baker Ranch Community Park to replace the high-traffic grass turf between the gazebos with durable synthetic turf. The project also included replacing two sand areas with a safety pad to improve cleanliness and reduce maintenance. These upgrades will help keep the park fresh and fun for everyone who visits.



## Brighter Nights Ahead at Heroes Park

The City is installing brand-new MUSCO LED lighting at Heroes Park to brighten up the sports fields and make evening play safer and more enjoyable. These lights are more energy efficient and provide better visibility for players, coaches, and families alike. It's one more step toward building a better and more accessible park experience.





# IMPROVEMENT PROJECTS

## Field Renovations at Heroes Park

Big improvements are happening at Heroes Park! Crews are renovating the sports fields with fresh outfield fencing, updated irrigation systems, and laser-leveled mounds and infields. These changes will improve safety, playability, and field durability for local teams and community members. Play ball—better than ever!



## Pickleball Courts Pop Up Across Lake Forest

Pickleball just got a lot more accessible in Lake Forest! Thanks to community feedback and survey responses, the City added new pickleball court striping at several local parks. The tennis court at Pittsford Park was re-striped to accommodate two pickleball courts, while the basketball courts at Foothill Ranch, Baker Ranch, and Borrego Parks were also adapted to serve dual purposes. These updates provide more opportunities to play—no construction required!







## TASTE OF LAKE FOREST RETURNS

The City of Lake Forest and the Lake Forest Chamber of Commerce are excited to announce the return of the Taste of Lake Forest on Friday, August 15, from 4 to 7:30 p.m. at Heritage Hill Historical Park.

Sponsored by OC Third District Supervisor Donald P. Wagner and OC Parks, the event will feature samples from a variety of Lake Forest vendors, live music by The Trip, sponsor booths, and a beer and wine garden. The Taste of Lake Forest provides an opportunity for residents and visitors to experience the unique and diverse flavors of Lake Forest's dining scene.

Last year's sold-out event brought together 28 restaurants, over 1,000 attendees, and the support of more than 100 staff and volunteers. The evening concluded with an awards ceremony where attendees voted for their favorite "taste."

This year's Taste of Lake Forest has limited availability and is open to individuals age 18 and older. Tickets can be purchased at [TasteofLF.com](http://TasteofLF.com).



Follow @OCSDLakeForest for updates!

## STAY CONNECTED IN LAKE FOREST



### Nixle and AlertOC

Nixle and AlertOC distribute accurate emergency alerts through emails, texts, or phone calls. **Registration is required.**

Nixle - [nixle.com](http://nixle.com) or text 'lakeforest' to 888777

AlertOC - [alertOC.org](http://alertOC.org)

### Emergency Hotline

**949-461-3536**

### Lake Forest Social Media

Follow for city updates, news, and alerts.

Facebook - @LakeForestCa

Twitter - @LakeForestCa

Instagram - @CityofLakeForestCa

Nextdoor - City of Lake Forest Ca

YouTube - @CityofLakeForestCA1991

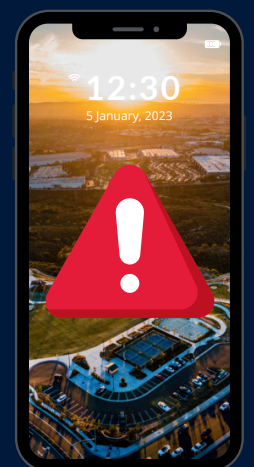
Threads - @cityoflakeforestca

### Lake Forest TV and Radio

Tune in for emergency alerts and other city news.

TV channel - COX 851

Radio station - AM1690



[www.lakeforestca.gov](http://www.lakeforestca.gov)



## CITY OF LAKE FOREST HOUSING REHABILITATION LOAN PROGRAM

The City of Lake Forest Housing Rehabilitation Program offers a zero percent (0%) deferred interest loan for homes, condominiums and mobile homes. To qualify for this loan provided by the City, you must first meet the required income qualifications. As part of the review process, current household income and income for the past two years will be evaluated.

The zero percent interest deferred loan has no monthly payments. Total payment is due if you are no longer residing in the home, at the time of sale, refinance or transfer of title. Mobile homeowners are eligible to receive up to \$25,000 and homeowners are eligible to receive up to \$40,000.

Additional requirements include, but are not limited to, residing on the property, not having received prior assistance, meeting asset limitations, and having sufficient equity in the home.

Most home improvement items are eligible for assistance. However, any code violations or health and safety issues in the home **MUST** be corrected as a condition of funding. Any homes built prior to January 1, 1978, must meet the new federal regulations regarding lead-based paint.

Eligible repairs for this program include stucco, windows, painting, roofing, plumbing, electrical, energy and weatherization items, garage doors, fumigation, flooring and other items necessary for the health and safety of occupants. Ineligible items include room additions, barbecue pits, ceiling fans, swimming pools, fireplaces, and other improvements deemed non-essential.

## CITY OF LAKE FOREST PAINT PROGRAM

The City established its Paint Grant Program to help maintain and improve the character, aesthetic quality and property values within the community. This program is funded by the City's Community Development Block Grant and provides the opportunity for qualified homeowners to have the exterior of their home painted and treated for termites, as necessary. Grants for single family homes cannot exceed \$12,000 and mobile homeowners cannot exceed \$7,500.

To qualify for the Paint Grant Program, applicants must meet the following criteria:

1. The property must be owner-occupied.
2. The home or mobile home must be in need of painting, as determined by the City.
3. Owners may not have assets in excess of \$75,000, excluding the value of the home.
4. The existing exterior paint must be lead-free.
5. The household's income must not exceed the moderate-income limits listed to the right, based on household size, as defined by the U.S. Department of Housing and Urban Development (HUD) for the previous two years.

### Questions?

Call Theresa Dobbs at (949) 461-3473, email [tdobbs@lakeforestca.gov](mailto:tdobbs@lakeforestca.gov), or visit the reception desk at City Hall. All applications must be submitted to Lake Forest City Hall, 100 Civic Center Drive, Lake Forest, CA 92630, Attention: Theresa Dobbs. Programs are available on a first-come, first-served basis, as funding permits.



### MAXIMUM INCOME LIMIT BY HOUSEHOLD SIZE

Household Size	Annual Household Income Limit
1	\$ 94,750
2	\$108,300
3	\$121,850
4	\$135,350
5	\$146,200
6	\$157,050
7	\$167,8500





# LAKE FOREST CIVIC CENTER

*City events, rental space, and more*



The Civic Center, the Community's 100-Year Home, opened in 2019 and was built primarily with developer fees, not tax dollars or debt.

## Event Rentals

### Performing Arts Center

A state-of-the-art 200-seat theater with professional sound and lighting.

Call 949-461-3457 or visit [bit.ly/LFPACRentalFees](https://bit.ly/LFPACRentalFees)

### Conference/Community Center

A grand facility with several banquet and meeting rooms as well as a beautiful courtyard.

Call 949-461-3407 or visit [bit.ly/LFCommCenter](https://bit.ly/LFCommCenter)

## Senior Activities M-TH

### The Senior Clubhouse

Call 949-461-3408 or visit [bit.ly/LFClubhouse](https://bit.ly/LFClubhouse)



949-461-3400 | 100 Civic Center Dr. | [www.lakeforestca.gov](http://www.lakeforestca.gov)



## FROM YOUR KITCHEN TO YOUR COMMUNITY

The new solid waste agreement keeps on giving! Between July 1 and December 31, 2025, a 2-gallon kitchen pail and instructional flyer with food waste reduction tips will be delivered to all Lake Forest residents.

Designed for indoor use, the kitchen pail makes it easy to collect food scraps such as spoiled produce, coffee grounds, grains, and meat, and transfer them to your green organics cart outside.

Participating in organics recycling supports your community by creating nutrient-rich soil for gardening and agriculture, reducing methane emissions, and minimizing waste sent to local landfills.

To donate excess shelf-stable, non-perishable food, visit [foodpantries.org](http://foodpantries.org).

Scan the QR code or visit [bit.ly/LFRecycles](http://bit.ly/LFRecycles) to learn more about organics recycling and upcoming programs.



## NEW VETERANS PARK BRICK PROGRAM INVITES RESIDENTS TO HONOR HEROES

Lake Forest residents are invited to honor past and present service members through the new Veterans Park Brick Program. Participants may purchase a personalized engraved brick to be installed around the tree at the flag monument in Veterans Park, a designated memorial area honoring service members. These bricks serve as lasting tributes and can be customized to include names, ranks, and other meaningful information.

Bricks may be purchased for \$100 each, which includes engraving, installation at Veterans Park, and a commemorative certificate signed by the City Council. Bricks will be installed once per year.

Participants may include up to three lines of engraved text, with a maximum of 18 characters per line, including spaces and punctuation. Each brick measures 4" x 8".

Suggested Text:

- Name
- Branch of Service
- Rank or Conflict

For more information or to participate, contact Peggy Samantha, Management Assistant, at [psamantha@lakeforestca.gov](mailto:psamantha@lakeforestca.gov).

**Sample Brick for Illustration Purposes**

**STEVEN JONES CPL  
US ARMY 1953-55  
KOREAN WAR**



## EXPAND THE FOREST PROGRAM PAUSES AFTER 30 YEARS OF GROWTH

Since 1995, Lake Forest residents have added more than 1,100 trees to city parks through the Expand the Forest program. This landscape improvement project encouraged citizen participation in tree planting and helped enhance the City's urban forest.

To support the long-term health and sustainability of existing trees, the City will temporarily pause the program beginning October 1, 2025.

Thank you to those who have helped shape and enrich Lake Forest's beautiful park landscapes through their involvement in this community initiative.



SPONSORS	DEDICATION	TREE SPECIES	PARK
Alpha Kappa Alpha Sorority, Inc. Mu Epsilon Omega Chapter of OC	Soror Brenda Armour, Charter Member	Crape Myrtle (Pink)	Cavanaugh Park
Your eternally grateful daughter, Nicole	To my wonderful and exceptional mother, Kathi Cervi	Crape Myrtle (Purple)	Rancho Serrano Park
Kathy Gibbs Wesselius	In loving memory of Doris Ray Gibbs	Crape Myrtle (Pink)	Rancho Serrano Park
The Wesselius Family	In loving memory of Dr. Dirk Stephen Wesselius	Sycamore	Rancho Serrano Park
Alpha Kappa Alpha Sorority, Inc. Mu Epsilon Omega Chapter of OC	Soror Marne Glass, Charter Member	Crape Myrtle (Pink)	Cavanaugh Park
The Croft and Balderas Family	In loving memory of Yo Su Croft, our beloved mother, grandmother and sister	Crape Myrtle (Pink)	Regency Park
The Shake Family	Planted with love by the Shake Family - Robert, Nico, and our little adventurers: Robbie J, Charlie, and Bee.	Tristania	Darrin Park
Renee & Yasmine - Your big Sisters	In loving memory of Ameer Traieh, a loving son, a big and little brother, a fun uncle, a great friend and the brightest light (1999-2025)	Crape Myrtle (White)	Rancho Serrano Park
Your daughters, son-in-laws, grandchildren, and great grandchildren	To our dearly beloved mother and grandma, Lillian A. Johnson. Even though you are no longer with us, you will forever be in our hearts. Until we meet again	Crape Myrtle (Pink)	Concourse Park
Your Friends, the Traieh Family	In loving memory of Shasta Ortiz, a beautiful soul gone too soon	Crape Myrtle (Pink)	Rancho Serrano Park
The Lachman Family	The Lachman Family	Crape Myrtle (Purple)	Regency Park
The Lachman Family	Susie Lachman, you are deeply missed, loved and in our hearts forever.	Crape Myrtle (Pink)	Regency Park
Michael Beaty	For Louise Beaty, because she loved the hummingbirds and the trees	Crape Myrtle (Pink)	Regency Park
With love, your children	In memory of our mom, Genevieve, always in our hearts	Crape Myrtle (Purple)	Regency Park
The Veeravalli Family	In loving memory of Ranga Rao Veeravalli, an amazing grandpa and dad	Crape Myrtle (Purple)	Peachwood Park





## IRRIGATION, POLLUTION & PUBLIC SAFETY POWER SHUTOFF (PSPS)

Did you know that about 50 percent of residential water use goes toward landscape irrigation? An inefficient or outdated irrigation system can waste water, raise your utility bill, and contribute to pollution. By maintaining your system and preventing irrigation runoff, you help protect local waterways, conserve valuable resources, and save money.

Most irrigation controllers rely on a steady power source to maintain their programming. While many have backup batteries for outages, those batteries may no longer hold a charge. If the backup power supply is lost, your controller could reset to its factory settings, causing excessive irrigation and runoff. This type of runoff is

prohibited, as it can carry pollutants such as sediment, bacteria, and nutrients into local creeks, lakes, and the ocean.

To reduce wildfire risk, local energy providers have been implementing Public Safety Power Shutoffs (PSPS), more commonly known as power outages. These have become more frequent due to ongoing drought conditions and elevated fire danger. Unfortunately, this safety measure can also reset your irrigation system and lead to unintentional runoff pollution.

For more information about irrigation controllers and best practices, please visit: [H2OC.org](http://H2OC.org).

### HOW CAN YOU PREVENT WATER RUNOFF WASTE AND POLLUTION?

- Routinely replace backup batteries in your irrigation controller to ensure they hold a charge. Consider doing this when you check smoke detector batteries.
- After a PSPS, check your irrigation controller to confirm it hasn't reset to factory settings.
- Adjust irrigation schedules seasonally based on weather conditions and plant needs. For example, plants typically require more water in summer than in winter.



**LAKE  
FOREST**

#### Local water district resources:

- El Toro Water District - [etwd.com](http://etwd.com)
- Irvine Ranch Water District - [irwd.com](http://irwd.com)
- Trabuco Canyon Water District - [tcwd.ca.gov](http://tcwd.ca.gov)



**FALL 2025**

September, October, November

# Recreation Program Guide



## FALL 2025 REGISTRATION DATES

### RESIDENTS:

Begins at 8 am, Tuesday,  
August 5, 2025

### NON-RESIDENTS:

Begins at 8 am, Tuesday,  
August 12, 2025

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***Celebrate***  
**SPOOKTACULAR**

**October 25, 2025**

See page 17 for more info.



## COMMUNITY SERVICES CONTACT INFORMATION

Community Services .....	(949) 273-6960
Community Center Rentals .....	(949) 461-3407
Etnies Skatepark of Lake Forest .....	(949) 916-5870
Lake Forest Sports Park & Recreation Center .....	(949) 273-6960
The Clubhouse (Senior Center) .....	(949) 461-3408
Lake Forest Performing Arts Center .....	(949) 461-3457
Saddleback College Emeritus Registration .....	(949) 582-4835
Irvine Valley College Emeritus Registration .....	(949) 451-5555
Sports Fields Hotline .....	(949) 461-3595



Join us for a Spooky Time at the Hocus Pocus preschool party! See page 18.

## COMMUNITY SERVICES FALL HOLIDAY SCHEDULE

**LABOR DAY**  
September 1, 2025  
**VETERANS DAY**  
November 11, 2025  
**THANKSGIVING**  
November 27-28, 2025



Visit [www.lakeforestca.gov](http://www.lakeforestca.gov)  
to confirm the holiday schedule.  
The Civic Center Complex and  
Recreation Services will be closed.

For general questions regarding Community  
Services Programs, visit  
[www.lfcommunityservices.com](http://www.lfcommunityservices.com).  
You can still register for programs when the  
Community Services offices are closed on  
holidays or after hours.  
Visit [www.lfparksandrecca.com](http://www.lfparksandrecca.com) for 24/7  
online registration.

**Parks  
Make  
Life  
Better!**

**REGISTER  
ONLINE**

[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)

R = RESIDENT  
NR= NON RESIDENT





# Birthday Parties

**Celebrate with us starting in September!**

AT THE LAKE FOREST SPORTS PARK

**PICK YOUR THEME!**

**Dinosaur Adventure**

**Royal Tea Party**

Host your child's next birthday at the Lake Forest Sports Park! Birthday parties will be catered to children ages 3-7 and held on the first Saturday of every month. Activities will be led by Community Services staff. Ask for an information sheet at the Front Desk! Please send all applications to [kgodfrey@lakeforestca.gov](mailto:kgodfrey@lakeforestca.gov).

**Parties include:**  
1 Craft & 2 Games  
Light Refreshments  
Room Decorations  
Coloring Sheets & Crayons

RESIDENTS: \$150  
NON-RESIDENTS: \$200

EVENT TIME: 10AM-1PM  
FOR MORE INFORMATION  
CALL 949.273.6964

## CITY OF LAKE FOREST

# ADULT SPORTS SOFTBALL LEAGUES

**MEN'S & COED**

**ALL LEVELS**

**3 SEASONS/YEAR**

**10 GAMES + PLAYOFFS**

**\$500 + UMP FEES**

**(949) 273-6960**





# BUNCO NIGHTS

**PRIZES**

**at The Clubhouse  
100 Civic Center Dr**

**APPETIZERS**

**BEVERAGES**

## Let the Good Times Roll!

Join us for a fun night of Bunco!  
No skill is involved, just lots of luck!

**\$13.00 Residents & Non-Residents  
Adults/Seniors**

**Register Online**

**Activity # 13691:  
October 24, 6:30-9:00 pm**



## ORGANIC Farmers' Market

**Wednesdays  
4:00-8:00 pm**

**\*Weather Permitting**

**FREE**



**Lake Forest Sports Park & Recreation Center  
28000 Rancho Parkway  
Parking lot area in front of the Recreation Center**



# SPOOKTACULAR

**Costumes Encouraged**

Food trucks  
Entertainment  
Trunk or Treat  
Games  
Crafts  
Music & More

**\$10 Wristbands**  
Grab yours early!

For Sale at the  
Lake Forest Sports Park  
Starting September 1st!

Children under 3  
& parents free

**OCTOBER  
25<sup>TH</sup>**

**2:00-6:00 PM**

**LAKE FOREST  
SPORTS PARK**

(949) 273-6960



**WEDNESDAY, SEPTEMBER 10, 2025**

Your Pacific Symphony musicians will be performing a free outdoor chamber music concert with our Symphony on the Go! mobile stage.

**Lake Forest Sports Park (The Commons)**

28000 Rancho Pkwy, Lake Forest, CA 92630

The Lake Forest Farmers Market will be open,  
with food vendors, from 4-8 p.m.

**Concert Start Time: 6 p.m.**

We thank the State of California and former  
State Senator, now Congressman,  
Dave Min for his advocacy to receive  
the funding for this concert.



# Special Event Classes

## DATE NIGHT DROP-OFF **NEW!**

**5+ YRS**

Drop the kids off for an evening of fun while you enjoy a stress-free date night, run errands, or just take a break. Your kids will be safely supervised by our friendly, experienced staff and kept busy with games, crafts, snacks, and activities designed to keep them happy. Pizza dinner provided.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$15 R | \$20 NR**

Activity #	Date	Day	Time
13708	10/7	Tue	4:00-9:00 pm

## PARENT & ME PAINT NIGHT **NEW!**

**10+ YRS**

Spend quality time together at our Parent & Me Paint Night, a relaxed and fun evening for kids and their grown-ups to create side-by-side. This event is perfect for parents, grandparents, or guardians to connect with their children while working on a simple, guided painting project.

No experience needed—just come ready to have fun. We'll provide everything you need, from supplies to step-by-step instructions. Light refreshments will be provided. Everyone will leave with their own finished canvas and some great memories!

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$15 R | \$20 NR**

Activity #	Date	Day	Time
13707	9/19	Fri	6:00-8:00 pm



# Preschool Classes

## HOCUS POCUS PRESCHOOL HALLOWEEN PARTY

**3-6 YRS**

All the little ghosts, goblins, witches, and pumpkins are invited to this frightfully fun costume preschool party! There will be ghoulish games, spooky songs, creepy crafts, and a not-so-scary story. Your little one is in for a treat, and that is not a trick! Do not forget to dress up in your favorite costume. Get ready for a wicked good time! PARENT PARTICIPATION IS REQUIRED. LAST DAY TO REGISTER OCTOBER 15TH

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$15 R | \$20 NR**

Activity #	Date	Day	Time
13724	10/18	Sat	11:00 am-1:00 pm

## TURKEY AND PIE OH MY! PRESCHOOL PARTY

**3-6 YRS**

Gobble, Gobble! It's turkey time! We are celebrating the best way of all—with pie! Get ready to fill up on fun games, songs, crafts, and stories. Not to mention a treat you are sure to be thankful for. PARENT PARTICIPATION IS REQUIRED. LAST DAY TO REGISTER IS NOVEMBER 12TH.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$15 R | \$20 NR**

Activity #	Date	Day	Time
13725	11/15	Sat	11:00 am-1:00 pm





### MISS SARA'S SUNSHINE SEEKERS 1.5-8 YRS

This outdoor play class is open-ended and child-led with irresistible invitations to play. This class follows the TinkerGarten curriculum leading families through movement, exploration, and purposeful play. No class: 10/25 & 11/11.

Instructor: Sara Stewart  
Location: Serrano Creek Park  
25101 Serrano Rd.

**\$190 R | \$195 NR (9-week session)**

Activity #	Date	Day	Time
13711	9/22-11/17	Mon	9:30-10:15 am
13712	9/24-11/19	Wed	3:30-4:15 pm

### MUSIC TOGETHER FOR YOU AND YOUR BABY BIRTH-8 MONTHS

Is your child too young to hear your voice? Of course not. Join other mommies/daddies with babies under 8 months and let's make Music Together!

Instructor: Elena Salisbury  
Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$145 R | \$150 NR (7-week session)**

Activity #	Dates	Days	Time
13723	9/19-10/31	Fri	11:45-12:30 pm



### MUSIC TOGETHER

**BIRTH-4 YRS**

Fun. Fabulous. Uplifting. These are just a few of the ways parents describe an award-winning Music Together program. Each week we gather together to make music as a community. Our classes give families the chance to get in touch with their inner musician and connect with other families. We are on a mission to make the world a better place by making more music. \$46 material fee owed to instructor at the beginning of the class.

Instructor: Elena Salisbury  
Location: Lake Forest Recreation Center  
28000 Rancho Parkway)

**\$205 R | \$210 NR (9-week session)**

**\$20 R | \$25 NR (Demo Class)**

**Material Fee \$46 (9-week session)**

Activity #	Dates	Days	Time
13713	9/9	Tue	10:30-11:15 am (Demo Class)
13714	9/9	Tue	4:15-5:00 pm (Demo Class)
13717	9/16-11/18	Tue	10:30-11:15 am
13718	9/16-11/18	Tue	4:15-5:00 pm
13715	9/12	Fri	9:15-10:00 am (Demo Class)
13719	9/19-11/14	Fri	9:15-10:00 am
13720	9/19-11/14	Fri	10:15-11:00 am
13721	9/13-11/15	Sat	9:00-9:45 am
13722	9/13-11/15	Sat	10:00-10:45 am

### PARENT & ME GYMNASTICS

**1.4-2.2 YRS | 1.6-3.5 YRS**

During this class, little ones along with parents will have fun exploring the gym and going through age-appropriate obstacle courses that are set up by our coach. Different activities each week will help children develop gross motor and social skills while increasing the parent-child bonding experience. Skills taught during class include: learning front rolls, hanging on bars, walking on balance beam and jumps on trampoline. Each child must have a parent/guardian participate during class.

Instructor: Us Too Gymnastics  
Location: Us Too Gymnastics Facility  
25 Spectrum Pointe Dr, St. 405, Lake Forest

**\$75 R | \$80 NR (4-week session)**

Activity #	Ages	Dates	Days	Time
13769	1.4-2.2 yrs	9/9-9/30	Tue	9:45-10:30 am
13770	1.6-3.5 yrs	9/9-9/30	Tue	10:35-11:20 am
13771	1.6-3.5 yrs	9/10-10/1	Wed	10:00-10:45 am
13772	1.4-2.2 yrs	10/7-10/28	Tue	9:45-10:30 am
13773	1.6-3.5 yrs	10/7-10/28	Tue	10:35-11:20 am
13774	1.6-3.5 yrs	10/8-10/29	Wed	10:00-10:45 am
13775	1.4-2.2 yrs	11/4-11/25	Tue	9:45-10:30 am
13776	1.6-3.5 yrs	11/4-11/25	Tue	10:35-11:20 am
13777	1.6-3.5 yrs	11/5-11/26	Wed	10:00-10:45 am



## PRESCHOOL GYMNASTICS 3.5-5.5 YRS | 4.5-6 YRS | 5-6.5 YRS

This beginner's level class will help students strengthen their muscles and better their gross motor skills such as running, jumping and climbing. Coaches will set up different stations each week in which students will learn different gymnastics skills using bars, vault and balance beam. This class is great for children who are ready to be in a structured class without parents' assistance. No class: 11/28.

Instructor: Us Too Gymnastics

Location: Us Too Gymnastics Facility  
25 Spectrum Pointe Dr, St. 405, Lake Forest

**\$85 R | \$90 NR (4-week session)**

Activity #	Ages	Dates	Days	Time
13778	3.5-5.5 yrs	9/9-9/30	Tue	1:00-1:50pm
13779	4.5-6 yrs	9/4-9/25	Thu	3:00-3:50pm
13780	5-6.5 yrs	9/5-9/26	Fri	4:00-4:50pm
13781	3.5-5.5 yrs	10/7-10/28	Tue	1:00-1:50pm
13782	4.5-6 yrs	10/2-10/23	Thu	3:00-3:50pm
13783	5-6.5 yrs	10/3-10/24	Fri	4:00-4:50pm
13784	3.5-5.5 yrs	11/4-11/25	Tue	1:00-1:50pm
13785	4.5-6 yrs	10/30-11/20	Thu	3:00-3:50pm
13786	5-6.5 yrs	11/7-12/5	Fri	4:00-4:50pm

## MULTI-SPORTS FUN 2-4 YRS

Introduce your little athlete to the exciting world of sports in this high-energy program designed just for toddlers! Our Multi-Sports Program blends sports like Soccer, Pickleball, Ultimate Frisbee, and Baseball in a playful, age-appropriate format. Each session includes dynamic games and simple skill-building activities to help develop coordination, motor skills, and confidence. Whether they're kicking, catching, or throwing, kids will explore teamwork and movement in a safe and supportive environment. Parent participation is encouraged.

Instructor: Hokali Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$156 R | \$161 NR (6-week session)**

**Material Fee \$5**

Activity #	Dates	Day:	Time
13896	9/8-10/13	Mon	10:00-11:00am
13898	9/4-10/9	Thu	10:00-11:00am
13897	10/20-11/24	Mon	10:00-11:00am
13899	10/16-11/20	Thu	10:00-11:00am

## MANNERS, CHARACTER, & SOCIAL SKILLS "FOUNDATIONS" 5-9 YRS

The Etiquette Factory is a unique learning experience designed to change the world, one child at a time. We define manners as: Helping those around you to feel valued. Our exclusive program helps children understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Over 50 different etiquette skills are taught using games, role play, music, activities, stories, and discussion. Some of the skills included are: Introductions, Dining Etiquette, Kindness, Tact, Communication, Being a Guest, Sharing/Borrowing, Sincere Apologies and so much more! Who knew learning manners could be so much fun! \$20 material fee to instructor on first day of class.

Instructor: The Etiquette Factory

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$149 R | \$154 NR (6-week session)**

**Material Fee \$20**

Activity #	Dates	Days	Time
13895	9/10-10/15	Wed	3:30-5:30 pm

## BIONERDS PARENT AND ME: FOSSIL ADVENTURE 3-4 YRS

Dig into the past with your little one in our biology fossil class! Perform biology activities to explore ancient dinosaurs, fossils, rock science, and more. Limit one parent per child in class.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$165 R | \$170 NR**

**Material Fee \$35**

Activity #	Dates	Days	Time
13761	9/10-10/8	Wed	10:00-10:45 am

## BIONERDS PARENT AND ME: SPOOKY SCIENCE FUN 3-4 YRS

Explore "creepy" hands-on fun biology with your little one to discover pumpkins, millipedes, skeletons, and more. Be up close to live organisms and perform biology activities. Limit one parent per child in class.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$165 R | \$170 NR**

**Material Fee \$35**

Activity #	Dates	Days	Time
13762	10/15-11/12	Wed	10:00-10:45 am



### MARTIAL ARTS FOR PRESCHOOL CHILDREN

4-6 YRS

In this class, children will develop concentration in their eyes, minds, and bodies. They will also learn listening skills to follow instructions and improve control over their bodies and physical balance through various basic martial arts activities. Registrants may attend one class per week, with the flexibility to choose any day from Monday to Saturday. For more information, please contact CA Taekwondo at (949) 461-7898.

Instructor: CA Taekwondo Staff

Location: 29200 Portola Pkwy, Lake Forest

**\$109 R | \$114 NR (4-week session)**

Activity #	Dates	Days	Time
13765	9/1-11/31	Mon-Sat	3:30-4:00 pm

### LITTLE NINJAS

4-6 YRS

Especially designed for 4-6 year olds, this exciting introduction to martial arts is one you won't want your child to miss! From a parent's point of view, your child will be taught important skills to help keep them safe, develop hand/eye coordinating self-control, focus, respect, teamwork, and learning to work towards a goal with perseverance. From a kid's point of view, they'll be learning cool karate moves, making friends and playing fun games in this high energy class! Taught by energetic professional instructors who know how to connect with and bring out the best in your little one! Uniform and belt included!

Instructor: PKSA Staff

Location: 22600 F Lambert St. #1205 Lake Forest

**\$129 R | \$134 NR (6-week session)**

**Siblings (\$99)**

Activity #	Dates	Days	Time
13747	9/2-10/9	Tue/Thu	5:00-5:30 pm
13748	10/14-11/20	Tue/Thu	5:00-5:30 pm



### LAKE FOREST SPORTS PARK & RECREATION CENTER



- 27,000 square feet
- 2 Basketball Courts
- 2 Volleyball Courts

#### OPEN GYM Daily Program

**NEW MEMBERSHIPS AVAILABLE NOW.**

Residents	Non-Residents
\$5 Per Session	\$10 Per Session
\$120 Yearly Pass	\$240 Yearly Pass

Open Gym ID Card Replacement \$15

#### Basketball:

Monday-Friday ..... 11:00 am-1:00 pm  
 Monday (30 and older) ..... 6:30 pm-9:30 pm  
 Saturday ..... 3:00-6:00 pm

#### Volleyball:

Friday ..... 6:30-9:30 pm  
 Saturday ..... 6:30-9:30 pm  
 Sunday ..... 10:00 am-2:00 pm

#### Pickleball:

Tuesday ..... 8:30-10:30 am  
 Thursday ..... 8:30-10:30 am

#### Futsal Soccer:

Thursday ..... 6:30-9:30 pm

- All participants must be over the age of 14 or accompanied by a parent/guardian.
- A photo I.D. is required each time a participant attends Open Gym activities.
- No food or drink is allowed inside the gymnasium.
- Basketballs and volleyballs can be rented out for the exchange of an I.D.

#### Holiday closures:

**September 1st, November 11th, November 27th, November 28th**

**FOLLOW US**



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@lakeforest\_sportspark





## Youth Classes

### BALLET, JAZZ, & TAP COMBO A

**3-6 YRS**

Participants will learn the fundamentals of ballet, jazz, and tap in a fun, non-competitive environment. Activities and choreography also improve gross motor skills, rhythm, strength, and flexibility. Leotard, tights, and ballet and tap shoes required. Optional recital with nominal fee. Sept-Dec enrollment required to participate; recital registration deadline Sept 30th. Please read before first class: [socaarts.com/policies-procedures/](http://socaarts.com/policies-procedures/). No class: 10/25, 11/22, 11/29.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$82 R | \$87 NR (5-week session)**

**\$99 R | \$104 NR (6-week session)**

**\$164 R | \$169 NR (11-week session)**

Activity #	Dates	Days	Time
13729	9/6-10/4	Sat	9:50-10:35 am
13730	10/11-12/6	Sat	9:50-10:35 am
13731	9/6-12/6	Sat	9:50-10:35 am

### BALLET, JAZZ, & TAP COMBO B

**2.5-4 YRS**

Participants will learn the fundamentals of ballet, jazz, and tap in a fun, non-competitive environment. Activities and choreography also improve gross motor skills, rhythm, strength, and flexibility. Leotard, tights, and ballet and tap shoes required. Optional recital with nominal fee. Sept-Dec enrollment required to participate; recital registration deadline Sept 30th. Please read before first class: [socaarts.com/policies-procedures/](http://socaarts.com/policies-procedures/). No class: 10/15 & 11/26.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**Full Session: \$182 R | \$187 NR (12-week session)**

**Half Session: \$99 R | \$104 NR (6-week session)**

Activity #	Dates	Days	Time
13732	9/3-10/8	Wed	4:20-5:05 pm
13733	10/22-12/3	Wed	4:20-5:05 pm
13734	9/3-12/3	Wed	4:20-5:05 pm

### ALL IN ONE DANCE

**3.5-7 YRS**

Try multiple styles of dance! Dancers learn beginning ballet, jazz, and hip hop in an encouraging environment. Class helps improve coordination, rhythm, and even sports ability! Leotard, tights or leggings, and jazz shoes required. Optional recital with nominal fee. Sept-Dec enrollment required to participate; recital registration deadline Sept 30th. Please read before first class: [socaarts.com/policies-procedures/](http://socaarts.com/policies-procedures/). No class: 10/25, 11/22 & 11/29.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$82 R | \$87 NR (5-week session)**

**\$99 R | \$104 NR (6-week session)**

**\$164 R | \$169 NR (11-week session)**

Activity #	Dates	Days	Time
13726	9/6-10/4	Sat	10:40-11:25 am
13727	10/11-12/6	Sat	10:40-11:25 am
13728	9/6-12/6	Sat	10:40-11:25 am

## REGISTRATION DATES



**RESIDENTS: Tues., Aug. 5, 2025, 8:00 am**

**NON-RESIDENTS: Tues., Aug. 12, 2025, 8:00 am**

## REGISTER ONLINE

[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)







### HIP HOP

4-7 YRS

An upbeat, popular class for children! Dancers learn beginning hip hop and basic tumbling skills incorporated in dance combinations. Class helps improve coordination, rhythm, gross motor skills, and agility. All movement and songs are age-appropriate. Athletic attire and sneakers required. Optional recital with nominal fee. Sept-Dec enrollment required to participate; recital registration deadline Sept 30th. Please read before first class: [socaarts.com/policies-procedures/](http://socaarts.com/policies-procedures/). No class: 10/25, 11/22, & 11/29.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$82 R | \$87 NR (5-week session)**

**\$99 R | \$104 NR (6-week session)**

**\$164 R | \$169 NR (11-week session)**

Activity #	Dates	Days	Time
13738	9/6-10/4	Sat	11:30-12:15 pm
13739	10/11-12/6	Sat	11:30-12:15 pm
13740	9/6-12/6	Sat	11:30-12:15 pm

### POP STAR HIP HOP

5-9 YRS

Grab your glitter microphone! Children will learn hip hop and jazz dance technique and choreography set to music from today's popular artists in this fun, upbeat class. Movements help improve coordination, musicality, and even sports ability! All choreography/music is age-appropriate. Athletic attire and sneakers required. Optional recital with nominal fee. Sept-Dec enrollment required to participate; recital registration deadline Sept 30th. Please read before first class: [www.socaarts.com/policies-procedures/](http://www.socaarts.com/policies-procedures/). No class: 10/15 & 11/26.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**Full Session: \$182 R | \$187 NR (12-week session)**

**Half Session: \$99 R | \$104 NR (6-week session)**

Activity #	Dates	Days	Time
13744	9/3-10/8	Wed	5:10-5:55 pm
13745	10/22-12/3	Wed	5:10-5:55 pm
13746	9/3-12/3	Wed	5:10-5:55 pm



### PRINCESS BALLET

2.5-4 YRS

Come twirl! Dancers learn beginning ballet with an element of fantasy in this princess-themed class for the budding ballerina. Instruction promotes coordination, rhythm, and listening skills. Class includes princess storytimes and crafting. Leotard, tights, and ballet shoes required. \$5 material fee per half session due on first day of class. Optional recital with nominal fee. Sept-Dec enrollment required to participate; recital registration deadline Sept 30th. Please read before class: [socaarts.com/policies-procedures/](http://socaarts.com/policies-procedures/). No class: 10/25, 11/22, & 11/29.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$82 R | \$87 NR (5-week session)**

**\$99 R | \$104 NR (6-week session)**

**\$164 R | \$169 NR (11-week session)**

Activity #	Dates	Days	Time
13741	9/6-10/4	Sat	9:00-9:45 AM
13742	10/11-12/6	Sat	9:00-9:45 AM
13743	9/6-12/6	Sat	9:00-9:45 AM

### BUTTERFLY BALLERINAS

3-6 YRS

For young dancers ready to "fly" into the world of ballet! Participants learn beginning ballet and gross motor skills while improving coordination, rhythm, and listening skills. Leotard, tights, and ballet shoes required. Optional recital with nominal fee. Sept-Dec enrollment required to participate; recital registration deadline Sept 30th. Please read before first class: [www.socaarts.com/policies-procedures/](http://www.socaarts.com/policies-procedures/). No class: 10/15 & 11/26.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**Full Session: \$182 R | \$187 NR (12-week session)**

**Half Session: \$99 R | \$104 NR (6-week session)**

Activity #	Dates	Days	Time
13735	9/3-10/8	Wed	3:30-4:15 pm
13736	10/22-12/3	Wed	3:30-4:15 pm
13737	9/3-12/3	Wed	3:30-4:15 pm



## DISNEY AND ANIME DRAWING AND PAINTING

**3-5 YRS | 6-8 YRS**

Step into the magical world of animation through drawing and painting! In this class, students will learn how to bring beloved Disney and Japanese anime characters and scenes to life with expressive drawing/painting works. We will cover foundational drawing/painting skills such as blending, layering, color mixing, and more. Parent participation is required for 3-5 yrs classes. No class: 10/25 & 10/26.

Instructor: Beauty of Music

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$300 R | \$305 NR (10-week session)**

Activity #	Ages	Dates	Days	Time
13792	3-5 yrs	9/6-11/15	Sat	11:15 am-12:15 pm
13793	6-8 yrs	9/7-11/16	Sun	10:00-11:00 am

## DISNEY AND ANIME CLAY

**3-5 YRS | 6-8 YRS**

Let your little artist squish, roll, and shape their imagination into fun air-dry clay creations. Students will explore the textures, colors, and other techniques, and bring beloved Disney and Japanese anime characters and scenes to life with clay. All materials are provided, no experience is needed. Parent participation is required for 3-5 yrs classes. No class: 10/25 & 10/26.

Instructor: Beauty of Music

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$200 R | \$205 NR (8-week session)**

Activity #	Ages	Dates	Days	Time
13794	3-5 yrs	9/6-11/15	Sat	12:00-1:00 pm
13795	6-8 yrs	9/7-11/16	Sun	11:00 am-12:00 pm

## GOOD POSTURE AND FITNESS

**3-5 YRS | 6-8 YRS**

This fun class helps kids build strong bodies and healthy habits through movement, combines boxing movements, sport games, obstacle courses, and strength training, building students' coordination, good posture, confidence, and endurance in a supportive and friendly environment. Parent participation required for ages 3-5 yrs. No class: 10/25 & 10/26.

Instructor: Beauty of Music

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$200 R | \$205 NR (8-week session)**

Activity #	Ages	Dates	Days	Time
13796	3-5 yrs	9/6-11/15	Sat	11:45 am-12:45 pm
13797	6-8 yrs	9/6-11/15	Sat	12:45-1:45 pm



## STRATEGIC CHESS

**7-12 YRS**

Our engaging story-based lessons offer the perfect introduction to the wonderful game of chess! Everyone is welcome, from beginners to seasoned players! Chess teaches many life skills, including sportsmanship, patience, strategic thinking, and planning. During each session, students receive new lessons and make friends. We conclude with a chess tournament with chances to win trophies and prizes!

Instructor: Strategic Kids

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$130 R | \$135 NR (8-week session)**

Activity #	Dates	Days	Time
13763	9/9-10/28	Tue	4:00-5:00 pm

## MASTERS OF THE FIELD

**7-13 YRS**

Masters of the Field combines the excitement of classic outdoor games with the challenge of academic-based activities! This engaging program features favorites like Capture the Flag, Relay Race, and more-each paired with fun academic challenges that test both mind and body. Participants will develop teamwork, strategy, and physical skills, all while enjoying competitive outdoor fun and staying active. Each session includes stretching, warm-ups, and a wide variety of activities designed to promote fitness, critical thinking, and collaboration.

Instructor: Strategic Kids

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$130 R | \$135 NR (8-week session)**

Activity #	Dates	Days	Time
13764	9/11-10/30	Thu	4:00-5:00 pm



### CHESS WIZARDS INC.

**4-16 YRS**

Join us this fall for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, and work out your most powerful muscle-your brain! Our camps include fun team chess games, tournaments, and puzzles. Each participant receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary, but full day kids should bring a lunch. Unleash your brain power and spend your vacation with Chess Wizards! No class: 10/25.

Instructor: Chess Wizards

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$200 R | \$205 NR (8-week session)**

Activity #	Dates	Days	Time
13791	9/13-11/8	Sat	11:00 am-12:00 pm

### BEGINNING GUITAR & UKULELE ENSEMBLE FOR CHILDREN

**8-13 YRS**

Experience fun and easy musical interaction with other beginners in a friendly and supportive environment. Learn easy chords, strum styles, popular melodies, and classic and current songs in this combination class. Bring your own guitar or ukulele to class. No class: 10/6.

Instructor: Ron Gorman

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$120 R | \$125 NR (5-week session)**

**\$100 R | \$105 NR (4-week session)**

Activity #	Dates	Days	Time
13836	9/8-10/13	Mon	6:30-7:30 pm
13837	10/29-11/19	Wed	6:45-7:45 pm



### BEGINNING GUITAR & UKULELE ENSEMBLE CLASS FOR TEENS AND ADULTS

**14+ YRS**

Enjoy learning the guitar or ukulele in this new and exciting class. Beginners will learn a fun and easy musical notation called tablature. Students will also learn to play easy chords and many great songs. Bring your own guitar or ukulele to class. No class: 10/6.

Instructor: Ron Gorman

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$120 R | \$125 NR (5-week session)**

**\$100 R | \$105 NR (4-week session)**

Activity #	Dates	Days	Time
13838	9/8-10/13	Mon	7:30-8:30 pm
13839	10/29-11/19	Wed	7:45-8:45 pm

### KEYBOARD FOR KIDS, BEGINNERS

**5.5-13.5 YRS**

Brand new to piano/keyboard. Kids will have fun while they discover how the keyboard works. They will learn to play familiar songs and be introduced to reading music that is foundational for many instruments. Bring your own keyboard to class! No class: 10/24, 10/31.

Instructor: Shawn Smith

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$120 R | \$125 NR (8-week session)**

Activity #	Dates	Days	Time
13840	9/12-11/14	Fri	4:00-4:45 pm

### KIDS KEYBOARD CONTINUED

**5.5-13.5 YRS**

Students who have been in Beginners Keyboard at least 5 weeks. This class will continue from Level 1 Beginners. We will learn to play with both hands as we add more songs to our file. Bring your own keyboard to class! No class: 10/24, 10/31.

Instructor: Shawn Smith

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$120 R | \$125 NR (8-week session)**

Activity #	Dates	Days	Time
13841	9/12-11/14	Fri	5:00-5:45 pm





# SUPER SOCCER STARS



## SUPER SOCCER STARS PARENT & ME 1-2 YRS

A pre-soccer music and movement program for toddlers ages 1-2. This fun-filled class focuses on balance, coordination, upper and lower-body exercises, cognitive skills, and more. Parents participate and bond with their child through introduction to sport and soccer! No class: 11/22 & 11/23.

**\$135 R | \$140 NR (5-week session)**

Activity #	Dates	Days	Time
13798	9/13-10/11	Sat	9:00-9:40 am
13799	9/13-10/11	Sat	11:30-12:10 pm
13800	9/14-10/12	Sun	9:45-10:25 am
13801	11/1-12/6	Sat	9:00-9:40 am
13802	11/1-12/6	Sat	11:30-12:10 pm
13803	11/2-12/7	Sun	9:45-10:25 am

## SUPER SOCCER STARS 2-3 YRS

Activities are presented using imagery relatable to children at this age to support learning about the body and ball awareness. The primary focus of each 40-minute class is to introduce physical activities, rich language exposure, and movements such as running, hopping and jumping. Classes include fun dribbling and shooting activities to teach positive social interaction and the basic skills of soccer! No class: 11/22 & 11/23.

**\$135 R | \$140 NR (5-week session)**

Activity #	Dates	Days	Time
13804	9/13-10/11	Sat	8:15-8:55 am
13805	9/13-10/11	Sat	9:50-10:30 am
13806	9/14-10/12	Sun	9:00-9:40 am
13807	11/1-12/6	Sat	8:15-8:55 am
13808	11/1-12/6	Sat	9:50-10:30 am
13809	11/2-12/7	Sun	9:00-9:40 am

## SUPER SOCCER STARS 3-4 YRS

The focal point at this age group is for your child to be comfortable with the ball by further developing soccer skills such as dribbling, shooting and the introduction of passing. 45 minute classes include partner activities to promote sharing, listening, respect and cooperation. Physical activities include dynamic exercises like moving with pace, changing directions and lateral agility. No class: 11/22 & 11/23.

**\$135 R | \$140 NR (5-week session)**

Activity #	Dates	Days	Time
13810	9/13-10/11	Sat	9:00-9:45 am
13811	9/14-10/12	Sun	10:35-11:20 am
13812	11/1-12/6	Sat	9:00-9:45 am
13813	11/2-12/7	Sun	10:35-11:20 am

## SUPER SOCCER STARS 4-5 YRS

The primary focus of this class is body movement with the ball. The objectives are to continue development in basic dribbling, passing, receiving, and shooting techniques and to introduce juggling skills. Soccer Ball required. No class: 11/22 & 11/23.

**\$135 R | \$140 NR (5-week session)**

Activity #	Dates	Days	Time
13814	9/13-10/11	Sat	10:35-11:25 am
13815	9/14-10/12	Sun	11:25-12:15 pm
13816	11/1-12/6	Sat	10:35-11:25 am
13817	11/2-12/7	Sun	11:25-12:15 pm

## SUPER SOCCER STARS 5-7 YRS

The goal of the program at this stage is to improve children's elementary capacity through fun games, technical skill development and group activities. The primary focus is to increase familiarity of space to enable children to develop team skills in a game environment. Emphasis is placed on awareness of teammates constantly so that these skills can be easily transferred into the soccer game. Soccer Ball required. No class: 11/22 & 11/23.

**\$135 R | \$140 NR (5-week session)**

Activity #	Dates	Days	Time
13818	9/13-10/11	Sat	9:50-10:50 am
13819	9/14-10/12	Sun	12:20-1:20 pm
13820	11/1-12/6	Sat	9:50-10:50 am
13821	11/2-12/7	Sun	12:20-1:20 pm

## SOCCER STARS UNITED— ADVANCED CLASS 5-9 YRS

This program is designed for players who are poised for a higher level of soccer instruction. Licensed and experienced coaches use specially developed curriculum to introduce sophisticated skills, provide technical improvement, and foster social development in a fun, non-competitive environment. Players should have previous soccer experience. Soccer Ball required. No class: 11/22 & 11/23.

**\$140 R | \$145 NR (5-week session)**

Activity #	Dates	Days	Time
13822	9/13-10/11	Sat	11:00-12:00 pm
13823	11/1-12/6	Sat	11:00-12:00 pm

**NEW  
Location**

**Super Soccer Stars classes are held at  
Lake Forest Sports Park,  
28000 Rancho Pkwy, Lake Forest**

### KEYBOARD FOR KIDS INTERMEDIATE

5.5-13.5 YRS

Kids who have taken at least 2 sessions of my classes or have some piano background. This class is for more motivated students who are interested in improving their knowledge and skills at piano/keyboard. Theory, musical styles, composition are emphasized. Possible recital invitation. Bring your own keyboard. No class: 10/24, 10/31.

Instructor: Shawn Smith

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$120 R | \$125 NR (8-week session)**

Activity #	Dates	Days	Time
13842	9/12-11/14	Fri	6:00-6:45 pm

### BREAKTHROUGH SPORTS LITTLE HOOPERS

3-7 YRS

Jump into the exciting world of basketball with our Learn to Play class! Perfect for beginners, this fun and active program introduces players to the fundamentals of the game in a supportive and encouraging environment. Participants will develop key skills such as dribbling, passing, shooting, and basic game rules through engaging drills, games, and teamwork activities. Whether you're looking to try a new sport, build confidence on the court, or just get active, this class is a slam dunk!

Instructor: Breakthrough Sports Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$95 R | \$100 NR (4-week session)**

Activity #	Dates	Days	Time
13885	9/2-9/23	Tue	4:00-5:00 pm
13886	10/7-10/28	Tue	4:00-5:00 pm
13887	11/4-11/25	Tue	4:00-5:00 pm

### BREAKTHROUGH SPORTS VOLLEYBALL TRAINING ACADEMY

3<sup>RD</sup>-5<sup>TH</sup> GRADE / 6<sup>TH</sup>-9<sup>TH</sup> GRADE

With more than twenty years of experience developing youth sports programming for professional sports teams (LA Clippers, Kansas City Chiefs, Sporting KC, Anaheim Ducks), Breakthrough Sports brings its award-winning Training Academy to Lake Forest families! Breakthrough Sports coaches will help participants improve mechanics, volleyball IQ and most of all confidence in a FUN environment. A new curriculum will be designed weekly to work on all aspects of volleyball in addition to strength building exercises. No class: 10/26 & 11/23.

Instructor: Breakthrough Sports Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$90 R | \$95 NR (4-week session)**

Activity #	Grades	Dates	Days	Time
13824	3 <sup>rd</sup> -5 <sup>th</sup>	9/7-9/28	Sun	2:00-3:00 pm
13825	6 <sup>th</sup> -9 <sup>th</sup>	9/7-9/28	Sun	3:00-4:00 pm
13826	3 <sup>rd</sup> -5 <sup>th</sup>	10/5-11/2	Sun	2:00-3:00 pm
13827	6 <sup>th</sup> -9 <sup>th</sup>	10/5-11/2	Sun	3:00-4:00 pm
13828	3 <sup>rd</sup> -5 <sup>th</sup>	11/9-12/7	Sun	2:00-3:00 pm
13829	6 <sup>th</sup> -9 <sup>th</sup>	11/9-12/7	Sun	3:00-4:00 pm

### BREAKTHROUGH BASKETBALL SPORTS TRAINING ACADEMY

K-5<sup>TH</sup> GRADE / 6<sup>TH</sup>-8<sup>TH</sup> GRADE

With more than twenty years of experience developing youth sports programming for professional sports teams (LA Clippers, Kansas City Chiefs, Anaheim Ducks, San Jose Sharks), Breakthrough Sports brings its award-winning basketball Training Academy to Lake Forest families! The Training Academy program is designed to develop athletes of all skill levels, focusing on improving fundamental skills, game IQ, and overall athletic performance. Whether you're just starting out or looking to sharpen your competitive edge, this class provide structured, high-energy sessions to help you elevate your game. The class is ran by experienced coaches and former players who are passionate about teaching the game and helping each athlete reach their full potential.

Instructor: Breakthrough Sports Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$90 R | \$95 NR (4-week session)**

Activity #	Grades	Dates	Days	Time
13888	K-5 <sup>th</sup>	9/2-9/23	Tue	5:00-6:00 pm
13889	6 <sup>th</sup> -8 <sup>th</sup>	9/2-9/23	Tue	6:00-7:00 pm
13890	K-5 <sup>th</sup>	10/7-10/28	Tue	5:00-6:00 pm
13891	6 <sup>th</sup> -8 <sup>th</sup>	10/7-10/28	Tue	6:00-7:00 pm
13892	K-5 <sup>th</sup>	11/4-11/25	Tue	5:00-6:00 pm
13893	6 <sup>th</sup> -8 <sup>th</sup>	11/4-11/25	Tue	6:00-7:00 pm





## BREAKTHROUGH SPORTS SOCCER TRAINING ACADEMY K-5<sup>TH</sup> GRADE / 6<sup>TH</sup>-8<sup>TH</sup> GRADE

With more than twenty years of experience developing youth sports programming for professional sports teams (LA Clippers, Kansas City Chiefs, Sporting KC, Anaheim Ducks), Breakthrough Sports brings its award-winning Training Academy to Lake Forest families! Breakthrough Sports coaches will help participants improve mechanics, soccer IQ and most of all confidence in a FUN environment. A new curriculum will be designed weekly to work on all aspects of soccer in addition to strength building exercises.

Instructor: Breakthrough Sports Staff  
Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$90 R | \$95 NR (4-week session)**

Activity #	Grades	Dates	Days	Time
13830	K-5 <sup>th</sup>	9/4-9/25	Thu	4:00-5:00 pm
13831	6 <sup>th</sup> -8 <sup>th</sup>	9/4-9/25	Thu	5:00-6:00 pm
13832	K-5 <sup>th</sup>	10/2-10/23	Thu	4:00-5:00 pm
13833	6 <sup>th</sup> -8 <sup>th</sup>	10/2-10/23	Thu	5:00-6:00 pm
13834	K-5 <sup>th</sup>	10/30-11/20	Thu	4:00-5:00 pm
13835	6 <sup>th</sup> -8 <sup>th</sup>	10/30-11/20	Thu	5:00-6:00 pm

## TENNIS STARS 4-6 YRS | 7-10 YRS

Serve up some fun and watch your child shine on the court! Tennis Stars is the perfect beginner's program for young athletes eager to learn the fundamentals of tennis. Through engaging drills, creative games, and interactive instruction, kids will build hand-eye coordination, footwork, and racquet skills while learning the rules of play. For ages 4-6, the focus is on play-based learning with plenty of movement and fun. For ages 7-10, we introduce match play, strategy, and teamwork in a positive, encouraging setting. No experience necessary—just a willingness to swing, smile, and rally!

Instructor: Hokali Staff  
Location: Pittsford Park  
21701 Pittsford Dr, Lake Forest

**\$156 R | \$161 NR (6-week session)**

Activity #	Dates	Ages	Day	Time
13900	9/3-10/8	4-6 yrs	Wed	4:00-5:00 pm
13901	9/3-10/8	7-10 yrs	Wed	5:00-6:00 pm
13902	10/22-11/26	4-6 yrs	Wed	4:00-5:00 pm
13903	10/22-11/26	7-10 yrs	Wed	5:00-6:00 pm

## RUNNING CLUB

**8-14 YRS**

Ready, set, run! Our Running Program is perfect for kids who love to move and want to challenge themselves in a fun and supportive environment. Designed for all fitness levels, this program helps young runners improve endurance, speed, and form through a mix of drills, intervals, and games. Each session includes fun group runs, goal-setting, and motivational challenges to keep kids excited and engaged. Whether training for a race or just building healthy habits, participants will boost their fitness and confidence every step of the way.

Instructor: Hokali Staff  
Location: Portola Park  
28040 Glenn Ranch Road, Lake Forest

**\$156 R | \$161 NR (6-week session)**

Activity #	Dates	Day	Time
13904	9/8-10/13	Mon	5:00-6:00 pm
13906	9/4-10/9	Thu	5:00-6:00 pm
13905	10/20-11/24	Mon	5:00-6:00 pm
13907	10/16-11/20	Thu	5:00-6:00 pm

## MARTIAL ARTS FOR CHILDREN 6-12 YRS

In this class, children will learn to develop a positive attitude in an individual or team environment. They will also learn self-defense, self-discipline, self-confidence, and perseverance to achieve their individual life goals. Registrants may attend one class per week, with the flexibility to choose any day from Monday to Friday. For more information, please contact CA Taekwondo at (949) 461-7898.

Instructor: CA Taekwondo Staff  
Location: 29200 Portola Pkwy, Lake Forest

**\$109 R | \$114 NR (4-week session)**

Activity #	Dates	Days	Time
13766	9/1-11/31	Mon-Sat	4:05-4:45 pm
13767	9/1-11/31	Mon-Sat	4:50-5:30 pm
13768	9/1-11/31	Mon-Sat	5:35-6:15 pm

## KICKSTART KARATE CHALLENGE! 7+ YRS

Give your family a summer to remember with this exciting introduction to martial arts! This class is designed to teach the basics of self-defense and personal safety, develop character, self-discipline, focus, confidence, respect for yourself and others in a fun, family atmosphere. Parents and siblings can also join in and carve out meaningful together time while getting exercise and learning valuable skills and protecting yourself and our loved ones! Uniforms and belts are included, family discount are available!

Instructor: PKSA Staff  
Location: 22600 F Lambert St. #1205 Lake Forest

**\$129 R | \$134 NR (6-week session)**

**Siblings (\$99) | Parents (\$79)**

Activity #	Dates	Days	Time
13750	9/8-10/15	Mon/Wed	5:00-5:45 pm
13751	10/20-11/26	Mon/Wed	5:00-5:45 pm

# REGISTRATION DATES



**RESIDENTS: Tues., Aug. 5, 2025, 8:00 am**

**NON-RESIDENTS: Tues., Aug. 12, 2025, 8:00 am**

### READING DEVELOPMENT

**GRADES K-2 | 4.5-8 YRS**

This individualized phonics-based reading program can make the difference between a student who struggles or one who succeeds. We identify skill gaps with comprehensive first-day testing. Skill-based curriculum and instruction assists to bring skills to mastery. More info: [claudia@readwritesolutions.com](mailto:claudia@readwritesolutions.com) or (949) 263-0633. No class 11/24 & 11/26.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$169 R | \$174 NR (4-week session)**

Activity #	Dates	Days	Time
13752	9/3-9/29	Mon/Wed	3:30-4:25 pm
13753	10/6-10/29	Mon/Wed	3:30-4:25 pm
13754	11/5-12/8	Mon/Wed	3:30-4:25 pm

### READING DEVELOPMENT

**GRADES 3-6 | 7.5-11.5 YRS**

Individualized to student's needs. Improves comprehension, vocabulary, spelling and fluency. Specially-trained teachers test, structure and implement your child's program. First day is comprehensive testing. More info: 949-263-0633. No class 11/24 & 11/26.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$169 R | \$174 NR (4-week session)**

Activity #	Dates	Days	Time
13755	9/3-9/29	Mon/Wed	4:30-5:25 pm
13756	10/6-10/29	Mon/Wed	4:30-5:25 pm
13757	11/5-12/8	Mon/Wed	4:30-5:25 pm

### MATH DEVELOPMENT

**GRADES 2-6 | 6.5-11.5 YRS**

Comprehensive testing identifies skill gaps. Grade level assessments may include primary facts of (+ ? × ÷), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills. Based on assessments an individualized program is designed to reinforce skill gaps and build student confidence. More info: 949-263-0633. No class 11/24 & 11/26.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$169 R | \$174 NR (4-week session)**

Activity #	Dates	Days	Time
13758	9/3-9/29	Mon/Wed	5:30-6:25 pm
13759	10/6-10/29	Mon/Wed	5:30-6:25 pm
13760	11/5-12/8	Mon/Wed	5:30-6:25 pm

## Adult Classes

### GIRLS NIGHT: MOCKTAILS & MASTERPIECES



**18+ YRS**

Unwind, connect, and get creative at our Girls' Night Paint & Sip-Mocktail Edition! Whether you're an experienced artist or just looking for a fun night out, this relaxed and fun-filled evening is all about expressing yourself with a paintbrush in one hand and a delicious alcohol-free mocktail in the other.

We'll provide step-by-step painting guidance, all art supplies, and a vibrant selection of handcrafted mocktails. Expect great music, good vibes, and plenty of Instagram-worthy moments. Come solo or bring your favorite ladies-this is your time to sip, paint, and let your creativity shine!

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$15 R | \$20 NR**

Activity #	Ages	Date	Day	Time
13706	18+	11/14	Fri	6:00-8:00 pm

### ADULT KEYBOARD CLASS

**25+ YRS**

For those who have always wanted to try piano. Casual learning atmosphere where mistakes are allowed. You will learn to play familiar songs and feel accomplished. Bring your own keyboard to class.

Instructor: Shawn Smith

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$120 R | \$125 NR (8-week session)**

Activity #	Dates	Days	Time
13843	9/12-11/14	Fri	2:00-2:45 pm

### ADULT KEYBOARD CONTINUED

**25+ YRS**

Students who have taken one session previously or have piano background. Reading music emphasized. Continue learning songs with both hands. Bring your own keyboard. No class 10/24, 10/31

Instructor: Shawn Smith

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$120 R | \$125 NR (8-week session)**

Activity #	Dates	Days	Time
13844	9/12-11/14	Fri	3:00-3:45 pm



## THE SMART WOMAN'S GUIDE TO SELF DEFENSE

14+ YRS

We all hear the news, have you ever wondered how to respond if you were ever surprised by an assailant with bad intentions? Or, how to keep your daughter safe when she's out on her own? The best way to better your chances is to be prepared ahead of time! In this course you'll learn practical strategies to defend yourself against a variety of grabs and holds, as well as tactics to avoid bad situations in the first place. All fitness levels welcome, we will work with you where you're at and give you tools to improve. Taught by a woman, for women-Learn skills that work!

Instructor: PKSA Staff

Location: 22600 F Lambert St, #1205, Lake Forest

**\$99 R | \$104 NR (6-week session)**

Activity #	Dates	Days	Time
13749	9/5-10/10	Fri	6:00-7:00 pm

## SELF-DEFENSE FUNDAMENTALS

18+ YRS

Self-Defense Fundamentals is a 2-hr mini-class following NRA's Personal Protection Inside & Outside the home curriculum, & USCCA's Concealed Carry and Home Defense Fundamentals curriculum. Learn situational awareness, Effects of Stress on the Body, Mindset & Defensive Strategies, and Emergency First Aid.

Instructor: A2 Firearms

Location: 22722 Centre Dr, Suite 130, Lake Forest

**\$60 R | \$65 NR (1-class session)**

Activity #	Dates	Days	Time
13929	9/4	Thu	10:00 am-12:00 pm
13942	9/11	Thu	10:00 am-12:00 pm

## BASICS OF PERSONAL PROTECTION INSIDE THE HOME

18+ YRS

The Basics of Personal Protection Inside the Home is an 8-hr class following NRA's Basics of Personal Protection Inside the Home and USCCA's Concealed Carry and Home Defense Fundamentals curriculum. Learn how to secure your home, create a home security and defense plan, and defend against home invasions, burglaries, and more. This class consists of 5 hours of classroom training and 3 hours of live fire training at a local firing range under the supervision of NRA-and USCCA-Certified Instructors. Participants will receive NRA's PPITH Certificate. Prerequisite: Basic Handgun Fundamentals.

Instructor: A2 Firearms

Location: 22722 Centre Dr, Suite 130, Lake Forest

**\$250 R | \$255 NR (1-class session)**

Activity #	Dates	Days	Time
13937	9/3	Wed	8:00 am-5:00 pm
13943	9/10	Wed	8:00 am-5:00 pm

## CLICKSTART'S CANINE ESSENTIALS 18+ YRS

Learn alongside your dog in a dynamic public environment with certified and experienced trainers. Skills taught include eye contact, sit, down, stay, come, settle, leave it, loose leash walking and more. For dogs five months and up. (Not designed to address reactivity, aggression or anxiety.)

Instructor: Clickstart Dog Academy staff

Location: Pittsford Park, 21701 Pittsford Dr.

**\$295 R | \$300 NR (6-week session)**

Activity #	Dates	Days	Time
13845	10/4-11/8	Sat	5:30-6:30 pm

## YIN YOGA

18+ YRS

A series of long held (2-4 minutes), passive, floor poses that focus on the spine and other areas rich in connective tissue. Huge therapeutic benefits include increased circulation, improved flexibility, stress, and anxiety reduction, rehabilitation from injury, and much more. Appropriate for all skill levels and body types. Bring a yoga mat. Blocks, blankets, and a bolster are strongly recommended and orders taken at first meeting. For more information email [yogagarage@gmail.com](mailto:yogagarage@gmail.com).

Instructor: Amy Harper

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$120 R | \$125 NR (6-week session)**
**\$100 R | \$105 NR (5-week session)**

Activity #	Dates	Days	Time
13846	9/9-10/14	Tue	7:30-8:30 pm
13847	10/28-11/25	Tue	7:30-8:30 pm

## GET OFF YOUR BOOTY CAMP

18+ YRS

Get in shape "Boot camp style". Experience full-body high intensity workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility and get you to a healthier and stronger YOU. Our class is a results-driven conditioning program that focuses on developing lean, toned and healthy bodies with the use of your own body weight and a variety of exercise equipment. This class is designed for MOST fitness levels. Work at your own pace while you push yourself to the next level. This will be a fun and effective workout in a positive atmosphere with great upbeat music. Not your typical boot camp! (Please bring your own mats, pair of dumbbells, and water); for more info, please visit: [www.Endeavourpt.com](http://www.Endeavourpt.com). No Class: 11/11.

Instructor: Maryam Stevenson

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$108 R | \$113 NR (8-class sessions)**
**\$94.50 R | \$99.50 NR (7-class session)**

Activity #	Dates	Days	Time
13849	9/4-9/30	Tue/Thu	6:00-6:45 pm
13850	10/2-10/28	Tue/Thu	6:00-6:45 pm
13851	10/30-11/25	Tue/Thu	6:00-6:45 pm

### ZUMBA® GOLD+ TONING FOR BEGINNERS

18+ YRS

Zumba Gold provides all the fun of a regular Zumba class, but, with modified, low-impact moves. While the toning part of this class utilizes one-pound weights to help you build strength and tone your body, the low impact format is a safe way to keep up with your fitness routine. It's effective, improves balance, flexibility and coordination. If you're new to group fitness or looking for a welcoming community, our Zumba Gold + Toning class is a fantastic entry point. This class is more than a workout option for seniors; it's a fun, and effective fitness choice for younger adults as well. Whether you're looking to manage stress, improve balance and flexibility, or just add variety to your workout routine, Zumba Gold + Toning has the benefits you are looking for. Be ready to have fun, make friends and tone up!

Instructor: Angie Velez

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

#### Activity # Package: Cost:

13852	5-class package	\$30 R   \$35 NR
13853	10-class package	\$50 R   \$55 NR
13854	15-class package	\$75 R   \$80 NR
13855	20-class package	\$100 R   \$105 NR

#### Dates Days Time

Ongoing	Tue	6:00-7:00 pm
Ongoing	Sat	10:00-11:00 am

### LINE DANCING 1

18+ YRS

Dive into the rhythm of the Wild West with our Country Line Dancing class! Learn classic steps like the Electric Slide and Tush Push in a fun and supportive environment. Whether you're a beginner or a seasoned dancer, I will guide you through the steps and formations of popular country line dances, perfect for social gatherings. It's the ideal opportunity to make new friends, have a blast, and get some exercise without even realizing it.

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

#### \$120 R | \$125 NR (6-week session)

Activity #	Dates	Days	Time
13856	9/3-10/8	Wed	6:00-6:45 pm
13857	10/15-11/19	Wed	6:00-6:45 pm

### COUNTRY TWO-STEP

18+ YRS

Step into the world of classic country with our Beginner Two-Step Partner Dance Class! Learn the fundamental moves and rhythms of this iconic dance style in a welcoming and enjoyable atmosphere. Join us for a chance to not only master the two-step but also make new friends and have a ton of fun along the way!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

#### \$120 R | \$125 NR (6-week session)

Activity #	Dates	Days	Time
13859	9/3-10/8	Wed	7:00-7:45 pm
13860	10/15-11/19	Wed	7:00-7:45 pm

### BALLROOM & SWING DANCE BASIC

18+ YRS

Join our Basic Ballroom & Swing Dance class where beginners are warmly welcomed and no partner is needed! Dive into the world of elegant steps and graceful movements through fun exercises designed to make you feel confident on the dance floor without even realizing it. It's the perfect opportunity to make new friends while discovering the joy of ballroom dancing!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

#### \$120 R | \$125 NR (6-week session)

Activity #	Dates	Days	Time
13863	9/4-10/9	Thu	7:00-7:45 pm
13864	10/16-11/20	Thu	7:00-7:45 pm

### SALSA & LATIN DANCE BASIC

18+ YRS

Shake up your routine and add some spice to your steps with our Salsa Basics class! Join us for a fun-filled journey into the vibrant world of Latin dance, where you'll learn the fundamental moves, rhythms, and flair of salsa. Whether you're a seasoned dancer or taking your very first steps onto the dance floor, this class is designed to get you moving, grooving, and connecting with the rhythm of life. No partner or experience necessary—just bring your enthusiasm and let's dance our way to joy and fitness together! Plus, meet fellows who share your passion for dance and make new friends as you salsa the night away!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

#### \$120 R | \$125 NR (6-week session)

Activity #	Dates	Days	Time
13861	9/4-10/9	Thu	6:00-6:45 pm
13862	10/16-11/20	Thu	6:00-6:45 pm

**REGISTER  
ONLINE**

[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)





## BRIDE AND GROOM'S INTRODUCTORY WEDDING DANCE LESSON

**18+ YRS**

Begin Your Wedding Dance Journey: Join a Special Introductory Class! Preparing for your big day? Let me help you make your wedding dance unforgettable with a one-time introductory class designed specifically for non-dancer couples. Our expert instructors will guide you through the basics of dance, ensuring you feel confident and comfortable on the dance floor. From simple steps to elegant moves, you'll learn the essentials to create a magical moment together. Join us and make your first dance as a married couple truly spectacular!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$60 R | \$65 NR per couple**

Activity #	Dates	Days	Time
13865	9/15	Mon	7:00-7:50 pm
13866	10/27	Mon	7:00-7:50 pm
13867	11/10	Mon	7:00-7:50 pm

## PRIVATE DANCE LESSON

**18+ YRS**

Nervous about dancing in front of other? Want one-on-one attention? If you said "yes", private lessons with Yuka are perfect for you! Whether it's Swing, Ballroom, or Country basics, Salsa, or Wedding Dance choreography I'll help you dance confidently at your own pace. Each 50-minute session is tailored just for you. With discounts on packages. Let's make your dance journey special!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

**\$100 R | \$105 NR**

Activity #	Dates	Days	Time
13868	TBD	TBD	TBD

## "LET'S PICKLE" BEGINNER MORNING PICKLEBALL CLASS

**12+ YRS**

This beginner class targets both new and current players that lack consistency in their overall game due to poor ball striking, footwork and unforced errors resulting in short rallies. Focus will be on ball striking, footwork, rules and scoring to improve your skills and get on the court ready to play. Paddles and balls will be provided. Tennis shoes are highly recommended.

**\$150 R | \$155 NR (5-week session)**

Activity #	Dates	Days	Time
13871	9/10-10/8	Wed	8:00-9:00 am
13872	10/22-11/19	Wed	8:00-9:00 am

# PICKLEBALL

## "LET'S PICKLE" BEGINNER EVENING PICKLEBALL CLASS

**12+ YRS**

This beginner class is a fun quick opportunity to learn Pickleball. Focus will be on fun challenges to work on ball contact, footwork, rules, scoring and play. Paddles and balls will be provided. Tennis shoes are highly recommended.

**\$150 R | \$155 NR (5-week session)**

Activity #	Dates	Days	Time
13869	9/10-10/8	Wed	6:30-7:30 pm
13870	10/22-11/19	Wed	6:30-7:30 pm

## "LITTLE PICKLERS" BEGINNER PICKLEBALL CLINIC

**8-11 YRS**

This 2-hour beginner clinic is a fun quick opportunity to learn Pickleball. Focus will be on fun challenges to work on ball contact, footwork, rules, scoring and play. Paddles and balls will be provided. Tennis shoes are highly recommended.

**\$60 R | \$65 NR (1-class session)**

Activity #	Dates	Days	Time
13883	11/15	Sat	11:00 am-1:00 pm

## "LEARN TO PLAY" BEGINNER PICKLEBALL CLINIC

**12+ YRS**

This 2-hour beginner clinic is a fun quick introduction to Pickleball. Designed for both new and current players that lack consistency in their overall game due to poor ball striking, footwork and unforced errors resulting in short rallies. Focus will be on ball striking, footwork, rules and scoring to improve your skills and get on the court ready to play. Paddles and balls will be provided. Tennis shoes are highly recommended.

**\$60 R | \$65 NR (1-class session)**

Activity #	Dates	Days	Time
13882	9/20	Sat	11:00 am-1:00 pm

## "FAMILY" BEGINNER PICKLEBALL CLINIC

**6+ YRS**

This 2-hour beginner clinic is a fun quick opportunity to learn Pickleball together. Focus will be on fun challenges to work on ball contact, footwork, rules and scoring and play. Paddles and balls will be provided. Tennis shoes are highly recommended.

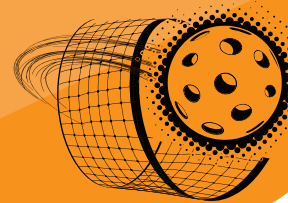
**\$40 R | \$45 NR (1-class session)**

Activity #	Dates	Days	Time
13879	10/18	Sat	11:00 am-1:00 pm

## FOR ALL

## Instructor

Shelly Booth

at Portola Park, 28040 Glenn  
Ranch Road, Lake Forest**PICKLEBALL "GAME PLAY" INTERMEDIATE MORNING CLASS****12+ YRS**

This "game play" class is for intermediate players (3.25/3.5) that are consistent in their skills and can maintain a longer rally. During game play the focus will be on shot selection, shot placement and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court.

**\$150 R | \$155 NR (5-week session)**

Activity #	Dates	Days	Time
13873	9/10-10/8	Wed	9:00-10:00 am
13874	10/22-11/19	Wed	9:00-10:00 am

**PICKLEBALL "GAME PLAY" INTERMEDIATE EVENING CLASS****12+ YRS**

This "game play" class is for intermediate players (3.25/3.5) that are consistent in their skills and can maintain a longer rally. During game play the focus will be on shot selection, shot placement and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court.

**\$150 R | \$155 NR (5-week session)**

Activity #	Dates	Days	Time
13875	9/10-10/8	Wed	7:30-8:30 pm
13876	10/22-11/19	Wed	7:30-8:30 pm

**PICKLEBALL "WINNING DOUBLES STRATEGY" INTERMEDIATE EVENING CLASS****12+ YRS**

This game-based class is for intermediate plus (4.0) advanced players (4.5). The focus will be on fine tuning both offensive and defensive opportunities during game play. Creating open space then capitalizing on poor court and paddle positioning.

**\$150 R | \$155 NR (5-week session)**

Activity #	Dates	Days	Time
13877	9/10-10/8	Wed	8:30-9:30 pm
13878	10/22-11/19	Wed	8:30-9:30 pm

**"DOUBLES GAME PLAY" INTERMEDIATE PICKLEBALL CLINIC****12+ YRS**

This "game play" clinic is for intermediate players (3.25/3.5) that are consistent in their skills and can maintain a longer rally. During game play the focus will be on shot selection, shot placement and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court.

**\$60 R | \$65 NR (1-class session)**

Activity #	Dates	Days	Time
13884	11/15	Sat	1:00-3:00 pm

**PRESSURE, PUNCH, AND POACH OFFENSIVE INTERMEDIATE CLINIC****12+ YRS**

This 2-hour offensive INTERMEDIATE clinic will be high energy and fast paced to mimic a faster style of game play. Learn how to apply pressure to facilitate offensive opportunities to punch, poach and drive the ball. Must have solid ball striking ability. Tennis shoes are highly recommended.

**\$60 R | \$65 NR (1-class session)**

Activity #	Dates	Days	Time
13881	9/20	Sat	11:00 am-1:00 pm

**WRIST FLICKS AND SICK TRICKS INTERMEDIATE PLUS 4.0+ CLINIC****12+ YRS**

This 2-hour offensive INTERMEDIATE PLUS clinic to expand your shot making ability at the net with these fun shot selections. ATP, Ernie, forehand and backhand wrist flicks and much more. Apply pressure to facilitate offensive speedups and master the game around and outside the kitchen. Must have solid ball striking ability. Tennis shoes are highly recommended.

**\$60 R | \$65 NR (1-class session)**

Activity #	Dates	Days	Time
13880	10/18	Sat	1:00-3:00 pm

**REGISTER  
ONLINE****WWW.LFPARKSANDRECCA.COM**





SKATEPARK OF LAKE FOREST

## Award Winning World Class SKATEBOARD FACILITY



### "Best Skatepark in OC"

Readers' Choice 2018-2024  
—Parenting OC Magazine

"Best Skatepark in OC" Editor's  
Choice 2017—Parenting OC  
Magazine

### "#1 Family Friendly Skatepark"

Reader's Choice 2016—Parenting  
OC Magazine

### FALL 2025 SKATEPARK HOURS

**Monday-Thursday:** 11 am - 9 pm

**Friday-Saturday:** 10am - 10pm

**Sunday:** 10am - 9pm

**Holiday Closure:**  
**Thanksgiving Day,**  
**Thursday, November 27, 2025**

*In the case of inclement weather, please  
call ahead to see if the Park is open.*

[www.EtniesSkatePark.com](http://www.EtniesSkatePark.com)

20028 Lake Forest Dr. Lake Forest, CA 92630  
(949) 916-5870

**FOLLOW US**  
@Etniesskatepark



### NIGHT OF THE LIVING SHRED SKATEBOARD CONTEST

**ALL AGES**

The Night of the Living Shred will consist of 4 horror-themed best trick contests, costume contest, and live entertainment taking place throughout the skatepark. Please visit [etnies skatepark.com](http://etnies skatepark.com) for more details.

General Admission: Free

Contest Entry Fee: \$20

Activity#	Date	Day	Time
13940	10/18	Sat	7:00-10:00 pm

### VETERANS DAY SKATE CAMP

**5-17 YRS**

Choose this Veterans Day to spend at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. **Lunch, snacks, water, and beverages are provided daily.**

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet,  
elbow/knee pads

**Fee: \$49 per person | Limited to 20 kids per session**

Activity#	Date	Day	Time
13941	11/11	Tue	10:00 am-2:00 pm



## ETNIES FALL SKATE CAMP

Choose this Thanksgiving break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Learn the basics of ollies, flip tricks, grinding, bowl riding, and skating transitions. Hone your skills on a variety of the best Skatepark terrain around including the three bowls, two large flow courses, Orange County's only cradle, and a world class street course. Each participant receive a custom Etnies Skatepark of Lake Forest t-shirt. **Lunch, drinks, and snacks are provided daily.** Please send your camper with their own water bottle that they will be able to fill up with water or Gatorade throughout the duration of camp. Participants must provide their own skateboard and full protective gear consisting of a helmet, elbow pads, and knee pads. \*No camp on Thursday, November 27, 2025 (Thanksgiving Day).

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

**Fee: \$199 per person | Limited to 20 kids per session**

Activity#	Date	Day	Time
13939	11/24-11/28	Mon-Fri*	10:00 am-2:00 pm

## PRIVATE SKATEBOARD & ROLLER SKATE LESSONS

4 + YRS

Sometimes the skatepark can be an intimidating place, but the good news is that we've got you covered! Whether you are a beginner just taking your first steps, or an intermediate rider learning to fly, our private lessons can help you achieve your skateboarding goals. All lessons are taught by certified instructors with years of experience riding the bowls and streets of Etnies Skatepark. Private lessons are offered any time the skatepark is open, so give us a call to schedule one or drop-in anytime and see which instructors are available.

Equipment needed: Skateboard or roller skates, helmet, elbow/knee pads.

**\$50 per hour. Can include up to two students.**

For more info or to schedule a private lesson call the skatepark at (949) 916-5870.



# BIRTHDAY PARTIES!

## ONLY \$275

for more info email [kfernandez@lakeforestca.gov](mailto:kfernandez@lakeforestca.gov) or call (949) 916-5870





## BEGINNING & INTERMEDIATE GROUP SKATEBOARD LESSONS

5-17 YRS

Join our group skateboard lessons for all skill levels, where beginners learn essential techniques like balance and turning while intermediates tackle ollies, kickflips, and grinds. Safety is essential, so all participants must wear helmets, elbow pads, and knee pads during the session. Our experienced instructors offer personalized guidance, emphasizing safe skating practices and proper falling techniques. Enjoy a supportive group environment that fosters camaraderie and motivation among participants, making learning both fun and rewarding. Equipment needed: Skateboard, helmet, elbow/knee pads

\$40 per person | Limited to 5 per session

### BEGINNING SKATEBOARD LESSONS

Activity #	Day	Date	Time
13913	Thu	9/4 & 9/11	4:00-5:00 pm
13914	Thu	9/18 & 9/25	4:00-5:00 pm
13915	Thu	10/2 & 10/9	4:00-5:00 pm
13916	Thu	10/16 & 10/23	4:00-5:00 pm
13917	Thu	11/6 & 11/13	4:00-5:00 pm
13918	Thu	11/20 & 11/27	4:00-5:00 pm

### INTERMEDIATE SKATEBOARD LESSONS

Activity #	Day	Date	Time
13925	Thu	9/4 & 9/11	5:00-6:00 pm
13926	Thu	9/18 & 9/25	5:00-6:00 pm
13927	Thu	10/2 & 10/9	5:00-6:00 pm
13928	Thu	10/16 & 10/23	5:00-6:00 pm
13930	Thu	11/6 & 11/13	5:00-6:00 pm
13931	Thu	11/20 & 11/27	5:00-6:00 pm

### BEGINNING SKATEBOARD LESSONS

Activity #	Day	Date	Time
13919	Sat	9/6 & 9/13	10:00-11:00 am
13920	Sat	9/20 & 9/27	10:00-11:00 am
13921	Sat	10/4 & 10/11	10:00-11:00 am
13922	Sat	10/18 & 10/25	10:00-11:00 am
13923	Sat	11/1 & 11/8	10:00-11:00 am
13924	Sat	11/15 & 11/22	10:00-11:00 am

### INTERMEDIATE SKATEBOARD LESSONS

Activity #	Day	Date	Time
13932	Sat	9/6 & 9/13	11:00 am-12:00 pm
13933	Sat	9/20 & 9/27	11:00 am-12:00 pm
13934	Sat	10/4 & 10/11	11:00 am-12:00 pm
13935	Sat	10/18 & 10/25	11:00 am-12:00 pm
13936	Sat	11/1 & 11/8	11:00 am-12:00 pm
13938	Sat	11/15 & 11/22	11:00 am-12:00 pm





### SKATEPARK SAFETY/ ETIQUETTE CLASS

4+ YRS

We understand that the Skatepark can be intimidating to new users, and that is why we offer a free 15-minute Skatepark Safety/Etiquette course. This course teaches new users how to identify potential Skatepark hazards, general Skatepark etiquette, and how to have the most fun possible while riding the world famous Etnies Skatepark of Lake Forest! This class is available on a drop-in basis and is instructed by experienced Skatepark Staff.

Instructor: Skatepark Staff

**Fee: Free | Limited to four per session**  
**15 minute Course**

### REGISTRATION DATES



**RESIDENTS: Tues., Aug. 5, 2025, 8:00 am**

**NON-RESIDENTS: Tues., Aug. 12, 2025, 8:00 am**



### CANCELLATION and USE POLICY

If a class is cancelled due to weather or other circumstances, a make-up class will be scheduled for participants at the next available date.

Skatepark program participants will need a waiver/membership form filled out before entering the skatepark. The membership is based on a calendar year, and it is valid from January 1 to December 31.

Program participants enrolled in skate classes, camps, or special events will have membership fees waived during the duration of the program. However, if the participant would like to use the skatepark outside of designated program times, they are required to pay the membership fee.



# Special Needs



LAKE FOREST SPECIAL NEEDS

# MONSTER MASH

AT THE LAKE FOREST CLUBHOUSE  
OCTOBER 4<sup>TH</sup>, 2025  
6PM - 8PM

BRING A COSTUME AND COME DANCE!

FOR MORE INFO CONTACT RECREATION SUPERVISOR KEVIN FERNANDEZ  
EMAIL: [kfernandez@lakeforestca.gov](mailto:kfernandez@lakeforestca.gov) PHONE: (949) 273-6978

A vibrant poster for a 'Monster Mash' event. It features several cartoon monsters in various colors (green, yellow, purple, orange, blue) with large, open mouths as if singing or dancing. Musical notes and a treble clef are floating around them. The background is a mix of green and yellow with light rays.

Down Syndrome Achievement Centers  
educate. inspire. believe.

## GIGI'S PLAYHOUSE—AT HOME CLASSES

The City of Lake Forest and GiGi's Playhouse have partnered up to offer an assortment of FREE Virtual and On-Demand recreational and educational classes available from the safety of your own home!

There are a wide variety of programs available: yoga, cooking, art, music, fine motor, gross motor, sign language and fitness.

At GiGi's Playhouse, they are always working towards their "Best of All." GiGi's Playhouse changes lives through consistent delivery of free educational, therapeutic-based and career development programs for individuals with Down syndrome of all ages, their families and the community.

Every program at GiGi's Playhouse is always 100% free, so there's nothing to lose by signing up! If you'd like more information, email [orangecounty@gigisplayhouse.org](mailto:orangecounty@gigisplayhouse.org) or contact Lake Forest Recreation Supervisor Kevin Fernandez.

[www.gigisplayhouse.org/virtual](http://www.gigisplayhouse.org/virtual)

Free

### SOCIAL GROUP FOR CHILDREN ON THE AUTISM SPECTRUM 2-19 YRS

Developed by Rosa Patterson, Psy.D., BCBA, the Learn About Friends and Feelings (L.A.F.F.) social groups assist children on the autism spectrum. The groups are based on the principles of Applied Behavior Analysis and focus on social-emotional and behavioral growth. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, and much more!

**To Register:** Call or email to set up an appointment. **Online registration is not available for this program.**

**For more info call:** Autism Behavior Services at (949) 581-0100, [intakes@autismbehaviorservices.com](mailto:intakes@autismbehaviorservices.com)

Instructor: Behavior Analyst, TBD  
Location: Autism Behavior Services, Inc.  
23701 Birtcher Drive, Lake Forest

**\$75 per session R | \$80 per session NR**

**We also accept most insurances!**

Dates	Days	Time
Ongoing	Mon-Thu	varies

### MARTIAL ARTS FOR ALL ALL AGES

United Self Defense Academy prides itself on being able to work with students of all ages with different needs and goals. Our program is designed to use an individualized martial arts curriculum that is tailored to each person's learning style, needs, and learning pace. The program will consist of a single 30-minute private session each week (1-4 students per scheduled session), allowing a student the dedicated time and attention to detail needed to refine their skills. Students will also be given the option to participate in group classes, which are determined by age. All classes are held at our location that provides a distraction free environment to maximize learning and student development. We look forward to helping everyone reach their goals and their family goals!

**For more info and to register call:** (949) 273-6978 or email [kfernandez@lakeforestca.gov](mailto:kfernandez@lakeforestca.gov).

Instructor: United Studios of Self Defense  
Accredited Instructor  
Location: United Studios of Self Defense  
26756 Portola Pkwy. Ste. 2D, Lake Forest

**Single Private Session - \$75**

**4-Week Program - \$275**

**12-Week Program - \$705**

### GYMNASTICS FOR KIDS WITH SPECIAL NEEDS 4-15 YRS

Our gymnastics classes are specifically designed for children and teens with disabilities (Autism, Down Syndrome, Cerebral Palsy, ADHD, etc.). Students will learn basic gymnastics skills such as jumps on our 30ft. trampoline, handstand, cartwheels, and other floor exercises. Please call to set a free assessment and discuss class placement. **This special pricing is available to new members only.**

**For more info and to register call:** (949) 273-6978 or email [kfernandez@lakeforestca.gov](mailto:kfernandez@lakeforestca.gov).

Instructor: Us Too Gym Staff  
Location: Us Too Gymnastics  
25 Spectrum Pointe Dr #405, Lake Forest

**\$115/month (Four 45-minute sessions) Resident**

**\$120/month (Four 45-minute sessions) Non-Resident**

Dates	Time
Ongoing	varies

### SHINING SOCCER STARS—SPECIAL NEEDS 10-17 YRS

The Shining Stars Program at Super Soccer Stars uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities. Our philosophy is one of re-identification from that of an individual with "special needs," to that of a soccer player. Using a developmentally appropriate curriculum designed by licensed educators and therapists, we work on promoting the complete growth of each individual while encouraging players to improve at their own pace. By providing a safe space to learn through this curriculum, we're able to enhance social interactions between players and empower them to confidently play the beautiful game.

Instructor: Super Soccer Stars Staff  
Location: Baker Ranch Community Park  
26380 Rancho Parkway, Lake Forest

**\$110 R | \$115 NR (5-week sessions)**

Activity #	Dates	Days	Time
13944	9/7-10/12	Sat	12:15-1:00 pm
13945	10/19-11/23	Sat	12:15-1:00 pm







## REGISTRATION DATES



**RESIDENTS:** Tues., Aug. 5, 2025, 8:00 am  
**NON-RESIDENTS:** Tues., Aug. 12, 2025, 8:00 am



**Special Olympics**  
 Southern California

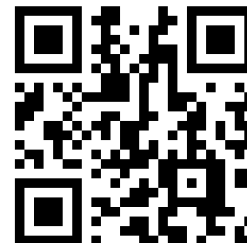


## JOIN THE TEAM!

**Region 4: Orange County**

Whether you are a new or returning athlete, or just want to sign up as a volunteer or a coach! It's time to sign up for the Summer Sports Season!

Individuals with an intellectual disability gain confidence, self-esteem & develop life skills in a fun, supportive team environment. Volunteers enjoy a rewarding experience helping as coaches & assistant coaches.



Fall Sports Offered: **Golf, Soccer, Softball, Tennis, & Volleyball**

FOR SPORTS AND PROGRAMS  
 INQUIRIES PLEASE CONTACT

Mark Bermudez: Manager, Sports  
 mbermudez@sosc.org



**Special Olympics**  
 Southern California

FOR VOLUNTEER OPPORTUNITIES  
 AND QUESTIONS PLEASE CONTACT

Jeremiah Skippis: Manager, Volunteers  
 jskippis@sosc.org



## The OASIS Program

The Occupational and Academic Skills for Independence and Success (OASIS) program for adults with disabilities at Saddleback College offers an independent living and vocational curriculum that focuses on the needs of adults with disabilities in the South Orange County region.

For more information, please contact:  
**Stacy Eldred, Ph.D.**  
 Department Co-Chair, Professor, OASIS Program  
 via email at [seldred@saddleback.edu](mailto:seldred@saddleback.edu)



# Welcome to The Clubhouse for Seniors



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## Don't miss out on The Clubhouse Calendar!

The calendar is a great way to view the activities offered each month.

If you are interested in receiving the free quarterly calendar through email, please call The Clubhouse at (949) 461-3408.



**SPECIAL HIGHLIGHTS INCLUDE:**  
 BUNCO NIGHTS AT THE CLUBHOUSE  
 CARS & COFFEE POP-UP EVENT  
 FRIENDSGIVING CELEBRATION  
 HICAP MEDICARE ANNUAL ENROLLMENT  
 SAN DIEGO NATURAL HISTORY MUSEUM EXCURSION  
 PIANO CONCERT WITH NICHOLAS GALINAITIS  
 SENIOR SANTA & FRIENDS  
 THE CLUBHOUSE SENIOR RESOURCE FAIR  
 VETERANS DAY CELEBRATION

100 Civic Center Drive | Operating Hours: Monday through Thursday 10:00 AM - 3:00 PM | (949) 461-3408 

Follow Us



@lakeforest.clubhouse

Located at the  
 Lake Forest Civic Center  
 100 Civic Center Drive  
 Lake Forest, CA 92630  
 (949) 461-3408

**HOURS**  
 Monday - Thursday  
 10:00 am - 3:00 pm



# Excursion

## SAN DIEGO NATURAL HISTORY MUSEUM & LIBERTY PUBLIC MARKET EXCURSION

**50+ YRS**

Spend the day exploring fascinating fossils, regional wildlife, and interactive exhibits at the Natural History Museum in Balboa Park. Then head to the Liberty Public Market for an afternoon of delicious local eats, craft drinks, and unique shopping in a lively historic setting.

**\$69 R | \$74 NR**

Activity	Date	Day	Time
13695	10/15	Wed	9:00 am-6:00 pm

## Adults— 50 Years & Better

Please Note: Unless otherwise noted, all classes are offered on site at The Clubhouse, 100 Civic Center Dr, Lake Forest

## BAGELS & BINGO

Join us for bingo games and bagels from Bagels & Brew! Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bagels & Bingo. This is a one-time fee.

**FREE**

Dates	Days	Time
9/8	Mon	10:00 am-2:00 pm
10/6	Mon	10:00 am-2:00 pm
11/3	Mon	10:00 am-2:00 pm

## BINGO MANIA

The Clubhouse hosts Bingo Mania the fourth Monday of every month. Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bingo Mania. This is a one-time fee.

**FREE**

Dates	Days	Time
9/22	Mon	10:00 am-2:00 pm
10/27	Mon	10:00 am-2:00 pm
11/24	Mon	10:00 am-2:00 pm

## BINGO THURSDAYS!

Feeling lucky? Join us for games of bingo every Thursday from 10:00 am to 2:00 pm! Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bingo Thursdays. This is a one-time fee.

**FREE**

Days	Time
Thursdays	10:00 am-2:00 pm

## VETERANS DAY CELEBRATION – HEROES & HOTDOGS!

Join us for a Veterans Day Celebration during Thursday Bingo! A hotdog stand, desserts, and refreshments are provided. If you are a veteran, please send us your favorite photo from when you were in the military service! Email photos to Senior Recreation Supervisor, Courtney Wysocki, at [cwysocki@lakeforestca.gov](mailto:cwysocki@lakeforestca.gov). You do not need to be a veteran to attend.

**Fee: Free**

Activity #	Dates	Days	Times
13696	11/6	Thu	12:00-1:00 pm



**FREE**

## The Clubhouse SENIOR RESOURCE FAIR

Providing the community with available resources for the 50 and better demographic including city services, community resources, health screenings, non-profit groups, and free flu shots (with insurance).

The first 100 patrons to register will receive a gift!

Activity #	Dates	Days	Time
13697	10/13	Mon	10:00 am-1:00 pm

### THURSDAY CLUBHOUSE LUNCH

The Clubhouse offers a catered lunch every month! Join us for a delicious meal while playing Bingo Thursdays with your Clubhouse friends.

**\$2 R | \$5 NR:**

Activity #	Dates	Days	Time
<b>Orange Feels &amp; Autumn Meals – Orange Chicken</b>			
13692	9/25	Thu	12:00 pm
<b>Frankenstein Fiesta – Chicken Tacos</b>			
13693	10/30	Thu	12:00 pm
<b>\$4 R   \$7 NR : Friendsgiving Celebration – Turkey Feast &amp; All the Fixings</b>			
13694	11/20	Thu	12:00 pm

### THE CLUBHOUSE GAMES AND FUN!

The Clubhouse offers many fun games and activities to keep your brain active and promote positive socialization! Join us for the following programs:

- Brain Games (Sudoku, Crossword Puzzles, and Word Searches)
- Dominoes • Mahjong
- Puzzles • Rummikub
- Various Card Games and Books to Read

**Free**

Dates	Days	Time
Ongoing	Mon-Thu	10:00 am-3:00 pm

### COMPUTER LAB HOURS

The Clubhouse patrons may use the Computer Lab to check e-mail, surf the net, and practice computer skills to improve proficiency. Days and times subject to change due to program needs.

Please note: There is no instructor on-site.

**Free**

Dates	Days	Time
Ongoing	Mon/Wed/Thu Tue	10:00 am-3:00 pm 10:00 am-12:30 pm

### PING PONG

Break out your paddles and join us for a friendly game! Days and times subject to change due to program needs. Paddles and ping pong balls are available for rent for free. Please see The Clubhouse front desk to loan the specified items.

**FREE**

Activity #	Dates	Days	Time
13698	Ongoing	Mon Tue Wed	10:00 am-3:00 pm 12:45 pm-3:00 pm 10:00 am-12:15 pm

### CRAFTY CRAFTERS

The Clubhouse offers Crafty Crafters once a month on Tuesdays. Each class is designed to spark your creative and artistic side!

**\$3.00 Residents & Non-Residents**

Activity #	Dates	Days	Time
<b>Button Pumpkin</b>			
13699	9/16	Tue	10:30 am
<b>Jack-O-Lantern Pot</b>			
13700	10/21	Tue	10:30 am
<b>Fall Tote Bags</b>			
13701	11/18	Tue	10:30 am

### THE CLUBHOUSE GARDEN CLUB

The Clubhouse Garden Club provides education, inspiration, and a sense of joy. Learn about exciting garden topics with your Clubhouse friends!

**Free**

Activity #	Dates	Days	Time
<b>Planting Affirmations: The Power of Positivity &amp; Bonsai Trees</b>			
13702	10/7	Tue	10:30-11:30 am

### YOUNG AT HEART - LAKE FOREST BOOK CLUB

The Young At Heart - Lake Forest Book Club meets once a month to discuss selected books. The City provides snacks for you to enjoy during each discussion. Please call The Clubhouse front desk at (949) 461-3408 for more information.

**FREE**

Dates	Days	Time
<b>The Reading List</b> by Sara Nisha Adams		
9/9	Tue	10:00 am
<b>The Briar Club</b> by Kate Quinn		
10/14	Tue	10:00 am
<b>Remarkably Bright Creatures</b> by Shelby Van Pelt and/or <b>The Soul of an Octopus</b> by Sy Montgomery		
11/13	Thu	10:00 am

### GRIEF SUPPORT GROUP

Find support and healing for the hurt of losing a loved one. The Grief Support Group provides emotional support, validation, and education about grief. The Grief Support Group meets every 2nd Monday of each month.

**Free**

Date	Day	Time
9/8	Mon	10:00-11:00 am
10/13	Mon	10:00-11:00 am
11/10	Mon	10:00-11:00 am



## MEDICATION REVIEW

Make a one-on-one appointment to learn about your medications and supplements. The County of Orange Health Care Agency's consulting pharmacist, Bill Liu, will assess your medication regimen for efficacy, appropriateness, alert you to side effects, and identify any potential drug interactions. Remember to bring all your medications, vitamins, and supplements or a detailed list of medications you take.

Interested individuals may call (949) 461-3408 to schedule a 20-minute appointment.

**Free**

Dates	Days	Time
10/16	Thu	10:00 am-1:00 pm

## NEED LEGAL ADVICE?

An attorney from Community Legal Aid SoCal will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues including government benefits, health, housing, consumer problems, and elder abuse.

To qualify for an appointment, you must be:

- Orange County resident
- 60 years of age or older
- US Citizen or Permanent Resident (if you are a permanent resident, you must present your green card at time of appointment)

**Please note:** SCLAP does not offer representation on criminal cases, class action lawsuits, drafting wills and trusts, or cases in which you want to sue for money.

Appointments are scheduled for 20 minutes. To receive the most out of your appointment, please write down questions for the attorney. To make an appointment call (949) 461-3408.

**Free**

Dates	Days	Time
9/4	Thu	1:00-3:00 pm
10/2	Thu	1:00-3:00 pm
11/6	Thu	1:00-3:00 pm



## AARP DRIVER SAFETY TWO-DAY COURSE

**50+ YRS**

Would you like to be more confident behind the wheel? This instructional class is for the mature driver (50+). You will learn better driving techniques, ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing this great course.

**\$20 AARP Members; \$25 Non-Members**

(Payment is due the first day of the course. Checks are made payable to AARP.)

Activity #	Dates	Days	Time
13704	10/6-10/7	Mon/Tue	9:00 am-1:00 pm

## AARP DRIVER SAFETY REFRESHER COURSE

**50+ YRS**

Would you like to be more confident behind the wheel? This instructional class is for the mature driver (50+) who has taken the eight-hour course within the last four years. You will learn better driving techniques, ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing this great course. Please note: You must take AARP Driver's Safety Two-Day Course first.

**Fee: \$20 AARP Members; \$25 Non-Members**

(Payment is due the first day of the course. Checks are made payable to AARP.)

Location: The Clubhouse, 100 Civic Center Dr.

Activity #	Dates	Day	Time
13703	9/11	Thu	9:00 am-1:00 pm



**REGISTER  
ONLINE**

[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)



# Senior Santa & Friends

at The Clubhouse

**'TIS THE SEASON TO MAKE SOMEONE'S HOLIDAY SPECIAL!**

This "gift" giving program provides some cheer to older adults with multiple physical disabilities and income only slightly above the federal poverty level.

All donations are tax deductible. Senior Santa & Friends operates in conjunction with the County of Orange Operation Santa Claus program.



## ITEMS NEEDED

(Must Be New and Unused):

- **Clothing, Blankets, and Household Items**
- **Nutritional Supplements** (ie, Ensure and Glucerna)
- **Gift Cards** (grocery stores, department stores, and pharmacies)

**Drop off your gift Nov. 3 through Dec. 4 at The Clubhouse during operating hours.**



## HICAP Health Insurance Counseling and Advocacy Program

**TUESDAYS**  
**10:00 am-1:00 pm**

**September 9**  
**October 14**

**FREE**

### HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you understand health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get unbiased information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

**To make an appointment, please call (949) 461-3408. Leave your name and phone number.**





## PHONE DIRECTORY

**AARP** ..... (888) 687-2277

### **Access**

(Reservations/Information) ..... (877) 628-2232

**Access** (Eligibility) ..... (714) 560-5956

**Age Well Senior Services, Inc.** ..... (949) 855-8033

**City of Lake Forest City Hall** ..... (949) 461-3400

**Council on Aging** ..... (714) 479-0107

### **Non-Disabled**

**Housing Information** ..... (714) 480-2864

**Elder/Disabled Adult Abuse** ..... (800) 451-5155

**Hazardous Waste, Disposal of Expired Unused  
Medicine & Old Cell Phones** ..... (714) 834-4000

**HICAP Services** ..... (800) 434-0222

**Human Services Information** ..... 211

**Irvine Valley College/Emeritus** ..... (949) 367-8343

**Meals on Wheels** ..... (949) 380-0155 ext.12

**Medicare Fraud Hot-line** ..... (800) 447-8477

**OCTA (Transportation)** ..... (800) 636-7433

**Office on Aging** ..... (800) 510-2020

### **Orange Caregiver**

**Resource Center** ..... (800) 543-8312

**Saddleback College/Emeritus** ..... (949) 582-4835



## *Senior* **Emeritus Classes**

### **OPEN ENROLLMENT BEGINS**

June 9 through 12 & June 16 through 17, 2025

### **CLASSES BEGIN**

Week of August 18th

### **NO CLASSES ON**

September 1, November 10, November 11,  
and November 27, 2025

EMERITUS CLASSES are offered for active seniors through partnerships between the City, Irvine Valley College and Saddleback College. The courses offered are especially designed to meet the educational and recreational interests of the 50+ population.

Registration is required for all Emeritus Classes through Irvine Valley College and Saddleback College.

### **IRVINE VALLEY COLLEGE**

Please contact Irvine Valley College, Office of Extended Education (949) 367-8343 for class and registration information.

Emeritus Email: [ivcemeritus@ivc.edu](mailto:ivcemeritus@ivc.edu)

Emeritus website: <https://www.ivc.edu/emmeritus>

Class Schedule: <https://www.ivc.edu/class-schedule>

### **SADDLEBACK COLLEGE**

New or returning students (those who skipped the fall or spring semester) will need to fill out the online Emeritus Application at [www.saddleback.edu/emmeritus](http://www.saddleback.edu/emmeritus) or call (949) 582-4835 for more information.

Class Schedule: [www.saddleback.edu/emmeritus](http://www.saddleback.edu/emmeritus)

Once you have a Student ID and PIN #, please register at [mysite.socccd.edu](http://mysite.socccd.edu).

# SENIOR EMERITUS CLASSES

Unless otherwise noted, classes are located at The Clubhouse, 100 Civic Center Dr., and are Free

## Irvine Valley College Classes

### AQUA FITNESS TRAINING

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water and training to improve balance and cardiovascular fitness.

Location: Lake Forest Beach & Tennis Club  
22921 Ridge Route Dr

CRN #	Dates	Days	Time
71138	8/19-12/16	Tue	2:00-2:50 pm
71142	8/21-12/11	Thu	2:00-2:50 pm

### BEGINNING CONVERSATION

Designed to help beginning ESL students develop their emerging listening and speaking skills of American English.

CRN #	Dates	Days	Times
72789	8/18-12/17	Mon/Wed	1:30-2:45 pm

### CHAIR EXERCISE

Through a beginning independent movement techniques lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies.

CRN #	Dates	Days	Times
71158	8/18-12/15	Mon	11:30 am-12:20 pm
71132	8/21-12/11	Thu	12:30-1:20 pm

### CIRCUIT TRAINING

Addresses the physical and mental health of the older adult through fitness activities with emphasis on staying active and independent. Topics include physical and cognitive benefits of exercise and injury prevention.

CRN #	Dates	Days	Times
72404	8/18-12/15	Mon	10:30-11:20 am
72091	8/20-12/17	Wed	10:30-11:20 am

### DYNA-BAND WORKOUT

Increase your strength and mobility using Dyna-bands. Dyna-bands or resistance bands (which are long latex strips), are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

CRN #	Dates	Days	Times
72229	8/19-12/16	Tue	12:30-2:20 pm

### EVERYDAY VOCABULARY

**NEW!**

This course helps intermediate English language learners understand and use common phrases for everyday situations. Emphasis is on idioms and phrasal verbs as well as strategies for recognizing them and determining their meanings.

CRN #	Dates	Days	Times
72884	8/19-12/16	Tue/Thu	1:30-2:45 pm

### LINE DANCE

Through line dancing, this course addresses the physical and mental health of the older, mature adult, using exercise and fitness activities to maintain an active, independent lifestyle.

CRN #	Dates	Days	Times
72136	8/19-12/16	Tue	10:30-11:20 am
72137	8/19-12/16	Tue	11:30 am-12:20 pm
72092	8/21-12/11	Thu	1:30-2:20 pm

### PHYSICAL FITNESS

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, and stretching and flexibility movements suited to the needs of the individual.

CRN #	Dates	Days	Times
72629	8/18-12/15	Mon	11:30 am-12:20 pm
71167	8/20-12/17	Wed	11:30 am-12:20 pm
71168	8/21-12/11	Thu	10:30-11:20 am





## PILATES

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination, and develops an increased sense of body awareness. Class includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

CRN #	Dates	Days	Times
72627	8/18-12/15	Mon	1:00-1:50 pm
72224	8/19-12/16	Tue	10:30 am-12:20 pm



## STRENGTH & BALANCE

This course addresses the physical and mental health of the older, mature adult through the use of exercise and fitness aimed at maintaining an active, independent lifestyle.

Location: The Clubhouse (100 Civic Center Dr)

CRN #	Dates	Days	Times
71154	8/18-12/15	Mon	10:30-11:20 am

Location: Lake Forest Beach & Tennis Club  
22921 Ridge Route Dr.

CRN #	Dates	Days	Times
71146	8/20-12/17	Wed	10:00-10:50 am

## TAI CHI MOBILITY

Tai Chi Ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure and increase vitality with tai chi! Learn tai chi movements, self-massage acupressure and the philosophy of Tai Chi Ch'uan.

CRN #	Dates	Days	Times
72213	8/20-12/17	Wed	1:00-2:50 pm

## YOGA

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

CRN #	Dates	Days	Times
71184	8/18-12/15	Mon	10:30-11:20 am
72210	8/20-12/17	Wed	1:00-2:50 pm
71169	8/21-12/11	Thu	11:30 am-12:20 pm

## Saddleback College Classes

### INTERMEDIATE PRACTICAL SPANISH

Emphasizes fluency in speaking, reading, writing, and comprehension of Spanish. Includes selected readings and discussions from the basic four genres in Hispanic and Hispanic-American literature, culture, and customs.

CRN #	Dates	Days	Times
70778	8/20-12/17	Wed	10:00-11:50 am

### LIFE AND TECHNOLOGY INTEGRATION FOR OLDER ADULTS

This class introduces students to the effective use of emerging technologies and how to create ease, efficiency, and comfort in completion of daily tasks. Students will learn about internet use, computers, tablets, smart cell phones, mobile apps, and other emerging technologies.

CRN #	Dates	Days	Times
70883	8/19-12/16	Tue	1:00-2:50 pm



## CITY OF LAKE FOREST

# Transportation Options for Seniors

The City of Lake Forest offers door-to-door transportation services to Lake Forest Senior Residents via the Age Well Senior Services (AWSS) Bus and California Yellow Cab company.

For additional information, call (949) 461-3408.



Local Tax Dollars at Work

## California Yellow Cab

Are you 60 years or older? A resident of Lake Forest and do not drive or own a vehicle? We have transportation for you with California Yellow Cab!

### OPTIONS AND RATES:

- **FREE!** To the Civic Center Campus/The Clubhouse Senior Center and the Lake Forest Sports Park & Recreation Center
- **\$2.00 One-Way (\$4.00 Round Trip)** Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.
- **\$10.00 One-Way (\$20.00 Round Trip)**  
Within city limits of Laguna Hills, Laguna Niguel, Laguna Woods, Mission Viejo, Rancho Santa Margarita, Costco in Irvine, Hoag Hospital Irvine, Kaiser Hospital Irvine, and Irvine Spectrum.
- **VA Clinic in Santa Ana—Cost: \$15.00 One-Way (\$30.00 Round Trip)**
- **John Wayne Airport—Cost: \$25.00 One-Way (\$50.00 Round Trip)**

For new program users to take advantage of the Senior Taxi Cab program:

- You must have a current DMV Identification Card verifying that you're a Lake Forest resident to take part in this program.



**NOTE:** All Taxi passengers must be 60 years of age or better. It may take up to two weeks from the time you register for the program, and take your picture for your ID card, for the card to be valid for you to make a taxi reservation.

Staff will call you to come pick up your card when it is ready to be used. Once you receive your Taxi ID card, you will be able to make a reservation and pay the taxi driver directly with either cash or a credit card.

## AWSS Bus Service

**FREE**

*JOIN THE FUN!*

From Your Residence to The Clubhouse  
Monday – Thursday  
10:00 am–2:00 pm







# HOW TO Register for Programs

## Fall 2025 Registration Dates

**Lake Forest Residents:** Tuesday, Aug. 5, 2025 beginning at 8am | **Non-Residents:** Tuesday, Aug. 12, 2025 beginning at 8am

*The City charges a non-refundable credit fee per credit card transaction receipt for online and counter registrations*

## 3 Easy Ways to Register

### 1 Online Registration



To set up a family account in the City's registration system please go to:  
**[www.lfparksandrecca.com](http://www.lfparksandrecca.com)**

- ▶ You must provide an email address to build a family account.
- ▶ You will receive an auto-generated confirmation email with your new account login info.

We highly recommend you set up your account before registration begins.

### 2 Mail-In Registration



**Complete the registration form and enclose your check payable to "City of Lake Forest."**  
**Please complete a registration form with a separate check for each program.**

Attn: Program Registration - Lake Forest Sports Park & Recreation Center, 28000 Rancho Parkway, Lake Forest, CA 92630

### 3 Walk-In Registration



**Bring the program registration form, your check, cash or credit card to:**

- ▶ Lake Forest Sports Park and Recreation Center, 28000 Rancho Parkway

## General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
5. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.
6. Please allow for up to 30 days for your refund to be processed.

## Refund Policy

1. A full refund (minus the credit card fee) will be given for any activity cancelled by the City of Lake Forest; the credit card fee is non-refundable.
2. Registrations for City of Lake Forest Excursions are non-transferable.
3. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
4. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).
5. All Camp cancellations requesting refunds (for Little Wranglers, Creative Kids Club camps and Lake Forest Rocks) must be submitted by 5 pm on the Thursday prior to the first day of camp (Monday) will be assessed \$30 cancellation fee. All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee. All refund requests for Little Wranglers and Creative Kids Club Camps must call the Recreation Supervisor at (949) 273-6975.
6. Requests for Gazebo Rental Refunds will only be granted if the rental day is rained out or if the request is received one full week prior to your rental date. A \$10 admin fee will be charged to complete the refund.

## City of Lake Forest Community Services Program Registration Form

Photocopy if more than one registration form is needed



### Primary Contact (Responsible adult for registering persons into courses)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Male ☐ female ☐

Birthdate (Required) \_\_\_\_\_ Email (Required) \_\_\_\_\_

Street Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Preferred Contact Phone Number: ( ) \_\_\_\_\_ Emergency Phone: ( ) \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone: ( ) \_\_\_\_\_

### Other Family Members (Living with primary contact: spouse, children, etc.)

Children's birthdate must be filled out completely in order to process registrations.

Last Name	First Name	Birthdate	Gender
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment before sending program registration form

Activity #	Participant Name	Birthdate	Gender	Activity Name	Fees
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity				<b>Total Activity Fees</b>	

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

I further agree to pay any and all costs incurred as a result of said treatment \_\_\_\_\_ ☐ YES ☐ NO

I permit the use of activity/event photography and/or video of my child or myself for media promotion \_\_\_\_\_ ☐ YES ☐ NO

Please contact me via email regarding upcoming city events and news at: \_\_\_\_\_ ☐ YES ☐ NO

I fully understand that my participation in the City's programs exposes me to the risk of personal injury, death, communicable diseases, illnesses, viruses, or property damage. I hereby acknowledge that I am voluntarily participating in this program and agree to assume any such risks.

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

\_\_\_\_\_  
Signature (Parent or guardian must sign for those under 18 years of age)

DATE: \_\_\_\_\_

Mail this form with payment to - Attn: Program Registration  
Lake Forest Sports Park & Recreation Center 28000 Rancho Parkway Lake Forest, CA 92630



Question or Comments on Registration?  
Please Call: (949) 273-6960  
Or email: [LFreonline@lakeforestca.gov](mailto:LFreonline@lakeforestca.gov)

Receipt of This Signed Form and Your Payment Confirms Your Registration Based Upon Availability Until The Activity is Full.

#### Office Use Only

Receipt #: \_\_\_\_\_ Paid by Check #: \_\_\_\_\_ Paid by Cash Amount: \_\_\_\_\_ Credit Card Type: \_\_\_\_\_ Initial/Date: \_\_\_\_\_



**If You Need Special Assistance With Any Program, Please Call the Recreation Division @ (949) 273-6960**

**REFUND POLICY:** In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction). Credit Card Fees are Non-Refundable.

**NOT FOR EMERITUS PROGRAM REGISTRATION**





**City of Lake Forest**  
100 Civic Center Drive  
Lake Forest, CA 92630

PRSRT STD  
U.S. POSTAGE PAID  
PERMIT NO. 104  
LAKE FOREST, CA

POSTAL CUSTOMER

ECRWSS

# ANNUAL Tree Lighting Ceremony

**Saturday,  
December 13  
· 3-6 pm**

**Entertainment  
Games  
Crafts  
Special Guests!**

## CITY TELEPHONE NUMBERS

Building Division .....	949-461-3470	Graffiti Hotline .....	949-461-3583
Building Inspection .....	949-461-3468	Housing .....	949-461-3569
City Clerk .....	949-461-3420	OC Animal Care .....	714-935-6848
City Council .....	949-461-3425	Notary .....	949-461-3420
City Manager's Office .....	949-461-3410	Planning .....	949-461-3535
Community Policing Center ..	949-461-3530	Public Works .....	949-461-3480
Community Preservation ..	949-461-3474	Recreation .....	949-461-3450
Economic Development .....	949-461-3567	Sports Park & Recreation Center ..	949-273-6960
Etnies Skatepark .....	949-916-5870		

## FIND US ONLINE

CITY OF LAKE FOREST [LakeForestCA.gov](http://LakeForestCA.gov)

ECONOMIC DEVELOPMENT [LakeForestBusiness.com](http://LakeForestBusiness.com)  
[Facebook.com/LakeForestBusiness](https://Facebook.com/LakeForestBusiness)

ETNIES SKATEPARK OF LAKE FOREST [EtniesSkatepark.com](http://EtniesSkatepark.com)

LinkedIn  
[LinkedIn.com/in/City-of-Lake-Forest](https://LinkedIn.com/in/City-of-Lake-Forest)

For more info call 949-273-6960 or visit our website at [www.LakeForestCA.gov](http://www.LakeForestCA.gov).  
Follow us on X (Twitter) @LakeForestCA, Instagram @CityofLakeForestCA, and Nextdoor.

